THE SATURDAY EVENING POST

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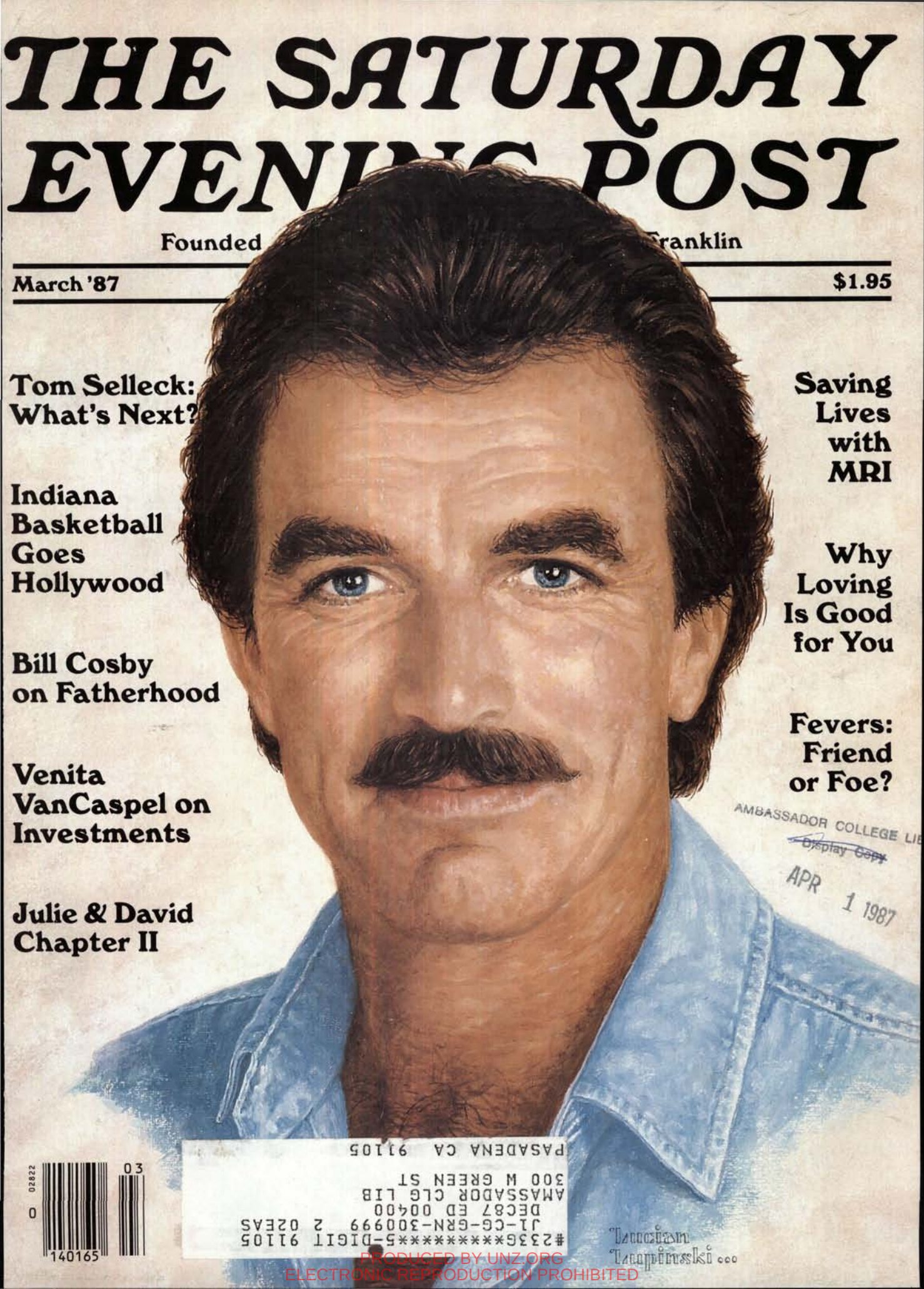
March '87 $1.95



Tom Selleck: What's Next?

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Julie & David Chapter II

Saving Lives with MRI

Why Loving Is Good for You

Fevers: Friend or Foe?

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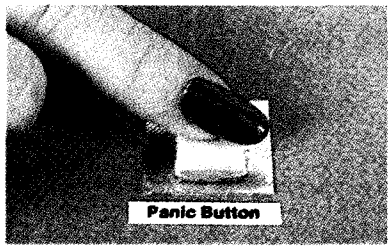
The Private Tom Selleck—To fans he's handsome; to friends he's tough, funny, generous, and shrewd. **50**

Saving Lives with MRI—Strong magnets reveal our insides as never before. **54**

Julie and David—From frustrations to success as best-selling authors. **68**



Speaking Out—A daring suggestion: legislate quitter's gum into every cigarette pack. **14**

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(Cover painting by Lucian Lupinski)

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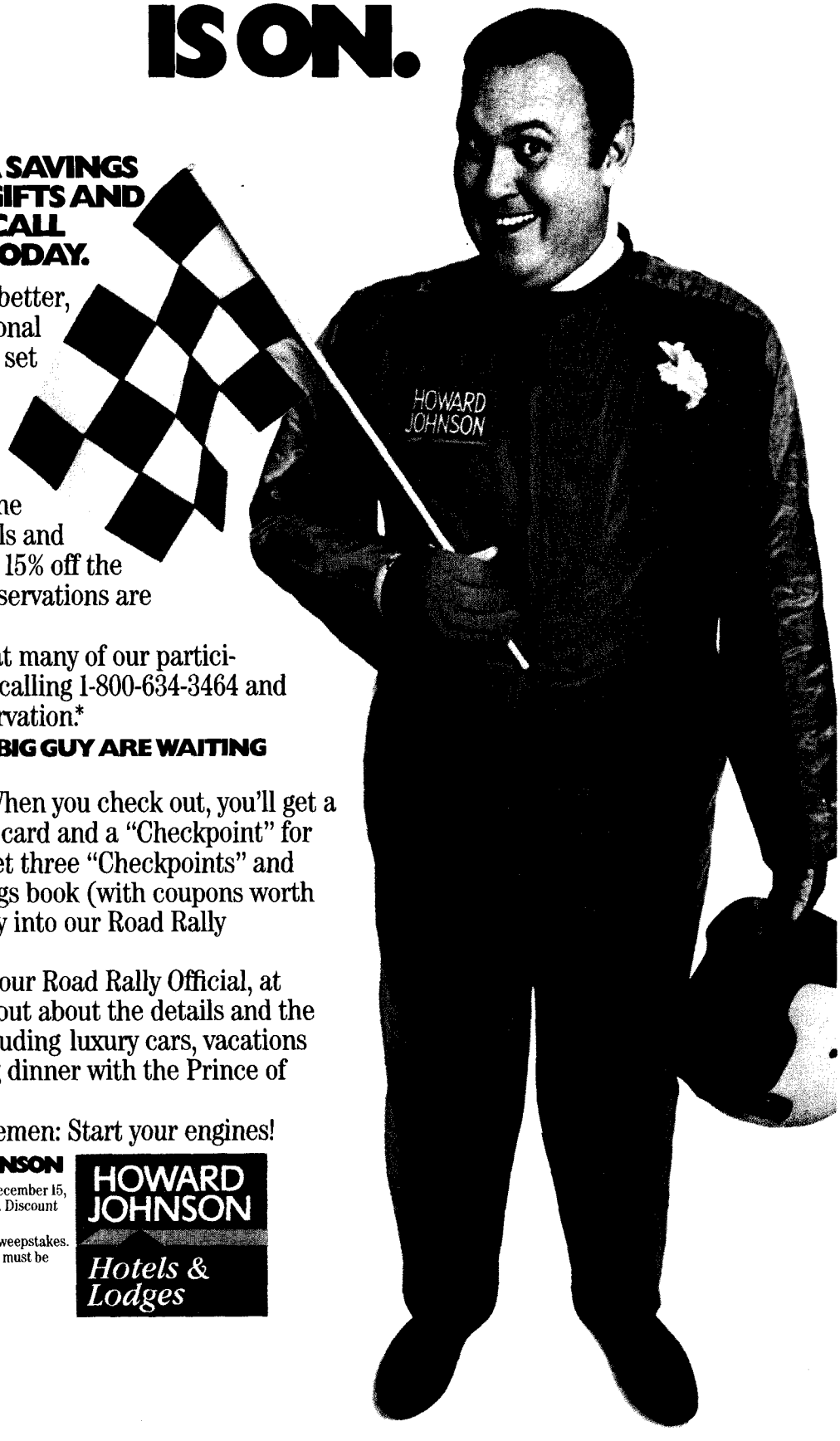

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Bill Cosby Gives Fatherly Advice—on how to survive until the kids leave home. **60**

The Elixir of Love—has an A-1 rating for its remedial values. **26**

Hoosier Basketball Mania—hit a new high with a last-second shot that still echoes around the state. **52**

A Burning Question—Are fevers good for you or good for nothing? **64**

Spilling the Beans—about growing, storing, and new ways of making them delicious. **82**

Letters

Narrow Escape

Can you provide an address for the Malignant Hyperthermia Association? I am interested in receiving their newsletter and learning more about malignant hyperthermia. Also, I would like to receive a copy of any articles you may have on malignant hyperthermia.

My father-in-law was literally "brought back to life" after a reaction to anesthetics several years ago. I am concerned about this sensitivity to anesthetics having been passed on to my children, especially since my oldest is extremely prone to allergies and has demonstrated a sensitivity to sulfites.

Please send any information you might have.

Peggy S. Douberley
Sebring, Florida

Editor's note: The malignant hyperthermia information is on the way. You are so right in checking. Your foresight just may avoid a serious problem for your children later. You might ask your father-in-law's anesthesiologist if he believes that your father-in-law had malignant hyperthermia at the time of this emergency.

Alerting the Male to Breast Cancer

May I suggest, inasmuch as you have given a great deal of publicity to female breast cancer (and rightly, too), that you also write something about *male* breast cancer? Most men have no idea that they could be subject to breast tumors that can be malignant.

I have had such a malignant tumor removed from my right breast together with the lymph nodes adjacent thereto. Then two years thereafter (almost to the day of the operation) I was diagnosed as having bone cancer in my pelvis, which generated some fluid in the lower portion of my left lung and caused some annoyance in some of my ribs. Radiation seems to have "cured" the pelvic malignancy, but radiation on my back and near the spine (thoracic area of vertebrae) has not had a good effect.

I was first treated by the physicians at the U.S. Naval Hospital, Portsmouth, Virginia, who gave me excellent treatment. But the trip to

continued on page 8

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ADVERTISING OFFICES

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Janet Andersen, *Corporate Advertising*
Penny Lindley, Pamela Sellinger,
Account Executives
Nancy Bullock, *Advertising Administrator*
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1100 Waterway Boulevard,
Indianapolis, Indiana 46202
(317) 636-8881, Telex 27-440

NEW YORK
Peter Aldrich, *Publisher*
Barbara Dugan, John Quinn,
Lee S. Emanuel, *Account Executives*
Lori Schneider, *Marketing Research*
150 East 52nd St., 17th Floor
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Direct Response & Mail Order
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Portsmouth from my home became quite onerous, so I have a well-known oncologist close-by as my physician. Neither the navy nor the oncologist has been able to locate any definite treatment in the medical annals, but they say that although it is not "rare" it is "uncommon." I have been treated with tamoxifen, which is used for female malignancy, rather than subject me to chemotherapy. The fluid in the lungs disappeared and I am able to walk normally, though I still have a slight, painful annoyance in the rib cage under my right scapula.

You may use this letter as you see fit, but I sincerely believe that most men are not aware of the possibility set forth above and that their wives also ought to be aware of it so as to forewarn their spouses.

Gay E. Milius, Jr.
Virginia Beach, Virginia

Editor's note: We're glad you wrote. There are about 900 cases of male breast cancer a year in the United States. Ladies, examine your husbands' breasts when you do your own.

More Questions Needed

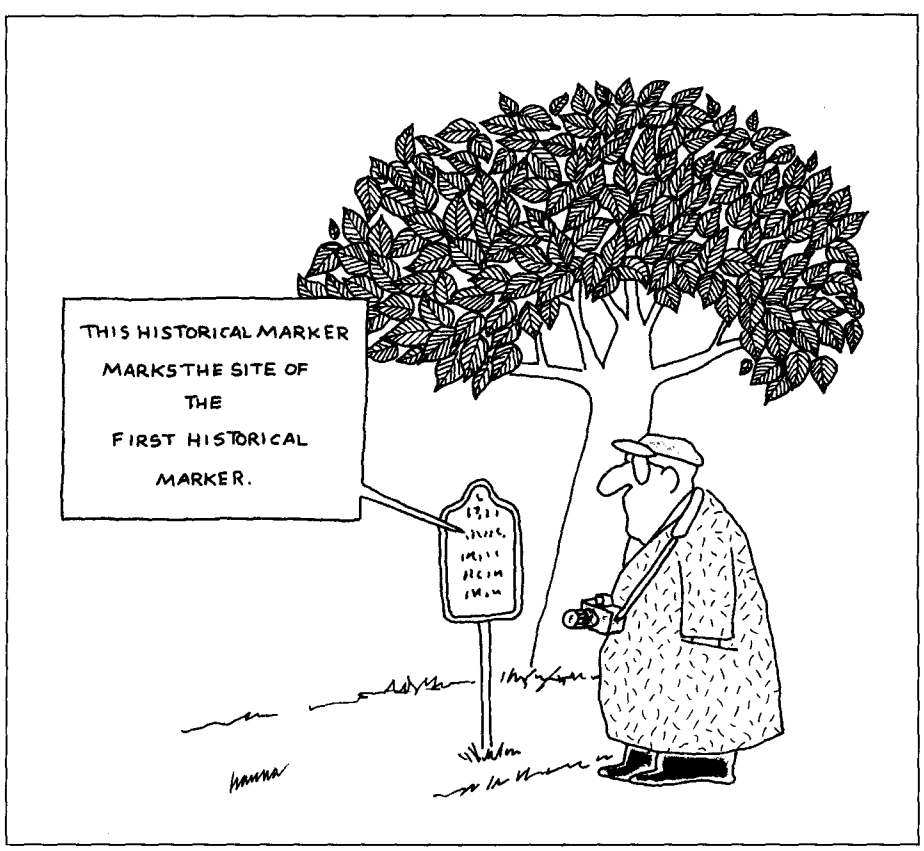
Your questionnaire in the Jan./Feb. '87 *Saturday Evening Post* is commendable. All efforts should be made to discover the cause of cancer. I believe your questionnaire would have been stronger, however, had you included questions regarding the dietary habits of lung-cancer victims.

Studies of this nature have been conducted by authorities in the field of cancer research and have been documented in the *New England Journal of Medicine*, showing a lower incidence of lung cancer in smokers whose diets were high in vitamin A than in nonsmokers whose diets were low in vitamin A. The lowest incidence of lung cancer was found in nonsmokers with high vitamin A intake, and the highest lung-cancer rate was in smokers with low vitamin A intake. In all cases, the vitamin A intake was measured in natural foods, not in synthetic vitamin A tablets.

It would have been helpful to know if the patients being questioned in your survey ate a lot of green, leafy vegetables, liver, whole milk, and carrots, or if their diets were deficient in these items.

The current popular theory is that by eating the proper foods, one can immunize one's body against certain types of cancer. Investigation of this theory should be pursued wherever possible, and your survey could have added additional data. If you conduct another survey on the same subject, please include a section on dietary habits. Thank you. Keep up the good work.

Marlene Asher
Nutley, New Jersey



Level's Off

I am writing in response to Mrs. Marsha Sample's letter in the Dec. '86 *Post*.

Fifteen years ago, my husband suffered the same sort of gout symptoms you described, but after seeing several doctors he was told it couldn't be gout because his uric-acid levels were too low. Finally, one doctor decided the "normal" level of uric acid might be "high" for him. He gave my husband allopurinol for about six months, we changed his diet, and he hasn't had any problem since.

In the late '50s, he was treated for asthma for four years when his problem was actually bronchial infections, but since his white blood count was "normal" and he had a history of asthma, they wouldn't consider it an infection. He probably wouldn't be alive now if we hadn't found a doctor who would treat it for what it actually was.

People are *not* all alike. Average levels of many things are really elevated levels for some people. Finding a physician who will acknowledge this is a problem.

Mrs. Francis Wall
Albuquerque, New Mexico

Editor's note: Thank you for your concern for Mrs. Sample's husband and his stubborn, goutlike problem. We hope the gout medicine allopurinol will work for him. Some gout patients don't even require the drug—they can be pain free just by changing their diets and avoiding foods containing purines. We're sending your letter to Mrs. Sample along with a gout-prevention diet that lists foods to be avoided because they are high in purines.

You make a very valid point. God made people as different as snowflakes. The medical profession is constantly reminding itself to keep an open mind, since much of what is taught today will be improved upon or invalidated tomorrow. There are many things yet to be learned in medical labs, I'm sure. We hope many diagnosticians will see your letter and

continued on following page

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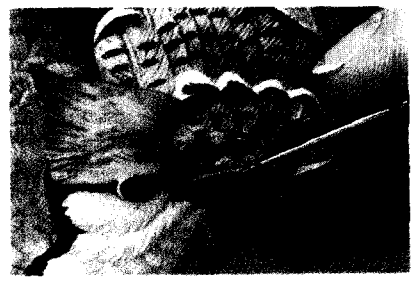

Painted by hand to reveal every detail of the blue jay's distinctive markings.

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benefit from your intuition.

Same Pain

In Mrs. Marsha Sample's letter in the Dec. '86 *Post*, she described symptoms of pain in her knees and ankles that describe mine to a T.

I, too, walk daily with pain. You mentioned a new product in this country called Slow-Mag, which I believe may mean magnesium that enters the body slowly. Am I correct?

Will you please send me a sample bottle? And, yes, I believe that a trip to a rheumatologist may be in order for me, too.

Agnes J. Forest
Palmdale, California

Editor's note: Slow-Mag is slowly released magnesium chloride.

Slow-Mag-ic

I received your sample bottle of Slow-Mag. I cannot believe the results after taking only a few of these little marvels. I am no longer tired, have much more energy, and sleep better at night. What I need now is a reprint of the Slow-Mag article.

L. T. Sands
Ft. Lauderdale, Florida

Slow-Mag has been like magic. I pray it keeps up. I now have only twinges of severe pain in my heel and foot, and I no longer dread putting my feet on the floor in the morning.

E. M. Bayha
Dutton, Virginia

This product has helped eliminate my migraine headaches. I need to take four tablets a night. Thank you for your article. I can't find this product in my area yet. My pharmacist in Rolla, Missouri, is looking into getting it for me.

Miriam Planje
Rolla, Missouri

This is the only thing that has ever helped my leg cramps.

Fred Espenlaub
Kansas City, Kansas

Negatives Aren't Positive

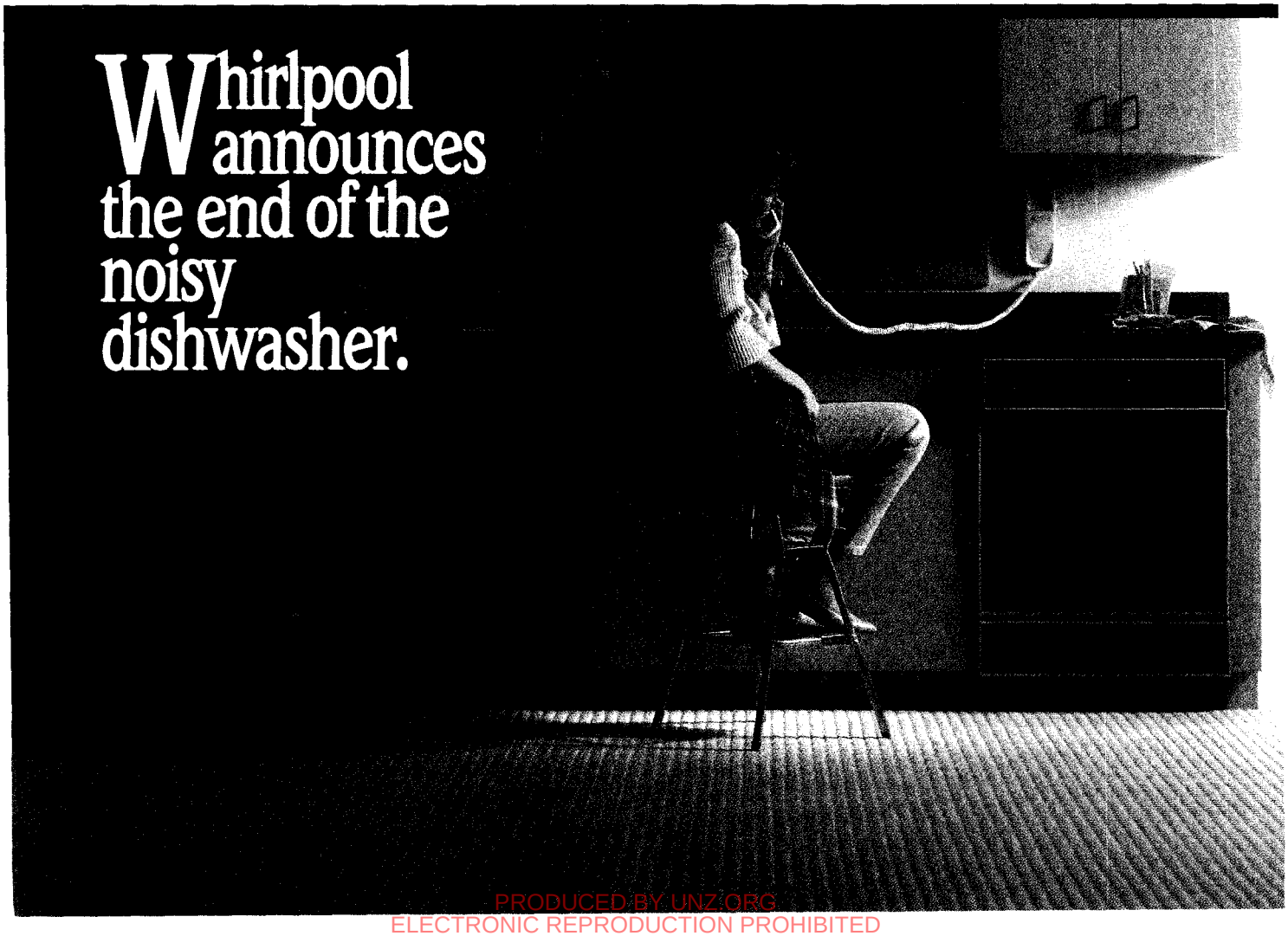
When I see articles concerning the effectiveness of mammograms, such as in the October issue of the *Post*, I must protest!

For three years my doctor monitored a lump in my breast. Each year I had a mammogram, and each one was negative, in spite of the fact that the lump was getting larger. At the end of the third year, I had a radical mastectomy plus removal of several lymph nodes.

Please, please, tell women that a mammogram is *not* infallible. Any woman caught in a situation similar to mine should insist on a biopsy even though she has a negative mammogram. A female panelist on a national TV show who had had an experience much like mine stated that the only reliable mammogram is a positive one!

Faye Bidwell
Fayetteville, Arkansas

Editor's note: You are absolutely right. A lump should be further investigated with ultrasound and/or a biopsy even if the mammogram is negative. Mammograms aren't 100 percent infallible, even under the best of circum-



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stances. But mammograms save lives.

Not only should women insist on mammograms, but they should insist on good mammography. Unfortunately, not all equipment being used is state-of-the-art. Older equipment that is not dedicated mammography equipment does not give good enough resolution for finding small calcifications.

Every woman should do self breast exams and have physical exams of her breasts by her physician in addition to mammography.

Unheavenly Pennies

"Praise the Lord for Heimlich!" That's what I said after using his technique to save the life of a four-year-old girl this summer. She had partially swallowed four pennies at a vacation Bible school at our church. I stood her up, stepped behind her, and did the Heimlich maneuver, and all four pennies flew from her mouth to the floor as if jet-propelled. I'm a dental hygienist and have taken the CPR course six times in the last seven years, and this is the first time I've ever had to rescue someone.

Sandra Lee Fortmeyer
Astoria, Oregon

Mammobile Captures Fort

I would like to express my deep appreciation for the outstanding service provided to Hawley Army Community Hospital and our health-care beneficiaries. Over 160 ladies had mammograms during the week of October 27, 1986, thanks to the Mammobile so generously supported by the Ben Franklin Society.

We have received numerous compliments from everyone involved in this program on the professional and personal service by your staff.

The Mammobile provided an invaluable service to our army community. I thank you for your foresight and cooperation, which made this service possible.

Richard G. Kirchdoerfer, M.D.
Colonel, Medical Corps
Fort Benjamin Harrison, Indiana

On the Right Trach

Thank you for the information I received on emphysema. Maybe there is some hope for me after all. It was certainly encouraging news to hear they are producing the Micro-Trach™ commercially. I am hopeful that the news travels quickly and that everyone realizes the importance of lung donations and how many lives could be saved through that program.

Will you please send additional information on how I can go about obtaining a Micro-Trach, or pertinent information on your lung-donation program?

Clovis C. Skelton
Pontiac, Michigan

Editor's note: Here are telephone numbers and addresses of physicians who could give you further information about inserting the Micro-Trach or transtracheal device:
Dr. Henry Heimlich
Xavier University
3800 Victory Parkway
Cincinnati, OH 45207
(513) 531-1053

continued on following page

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Denver, CO 80218
(303) 839-6103

Dr. Kent Christopher
Colorado Pulmonary Associates
1721 E. 19th Ave., Suite 366
Denver, CO 80218
(303) 839-6103

More About Micro-Trach

Thank you for the information on the Micro-Trach (November 1986).

My husband suffers from severe emphysema and is on oxygen 24 hours a day. We are most interested in more information on this procedure and where he would go to have this done.

He has been under the care of an internist, but his condition just worsens. They are not able to help him other than by prescribing more medication, which causes other problems such as water retention, blotching of the skin, etc.

We would also like information on the lung transplants being done in Toronto. Do you have the name of a person to contact regarding this?

Grace Hannon
Rochester, New York

Editor's note: See addresses above for doctors who insert the permanent air cannula into the trachea. For further information about lung transplants, you should contact:

Dr. Joel Cooper
Toronto General Hospital
101 College Street
Eaton Building, 10th Floor
Toronto, Canada M5G 1L7
(416) 595-3679

A Poet Speaks Out

I am permanently disabled with emphysema, and I am evaluating the desirability of the Micro-Trach procedure.

As a result of my experience, I wrote the enclosed verse. You have my permission to use it if you feel it might influence anyone to consider stopping smoking.

An Ex-Marlboro Man's Lament

Paul has two oxygen tubes
that fit up in his nose,
and they accompany him
wherever he now goes.

They accompanied him one day
to a restaurant by the bay.
Several smokers scurried away,
so repulsed they could not stay.

Paul kindly tried to explain,
in a breathless sort of refrain,
that out of his nose,
where the tubes now show,
macho Marlboro smoke used to flow.

Today he's an ex-smoking man
with a brand new pose,
wearing tubes and a tank
the tobacco ad never shows.

© November 1986

Your *Saturday Evening Post* presentations (and "700 Club" appearances) are of great value.

Paul J. Berkbigler
Marysville, Washington

In from the Cold

I was bothered with a bad cold sore on my upper lip right after I had my first cataract surgery in 1963 and had over 100 vaccinations (chicken pox vaccine, I believe) and X-ray treatments. Just as soon as I was out in the cold winds and dampness, or if I was out in the sun too long, it would erupt.

My daughter in Albany, New York, was taking the *SatEvePost* a few years ago, and I read in her magazine about L-lysine for cold sores. So I immediately got some and it really helped. I keep a bottle on hand—I think I am on my third bottle. It is super for cold sores. I have recommended it for them and also the article you had on it for shingles. I told some of my friends who were suffering awfully from shingles about L-lysine; they tried it, and it did relieve the problem a great deal.

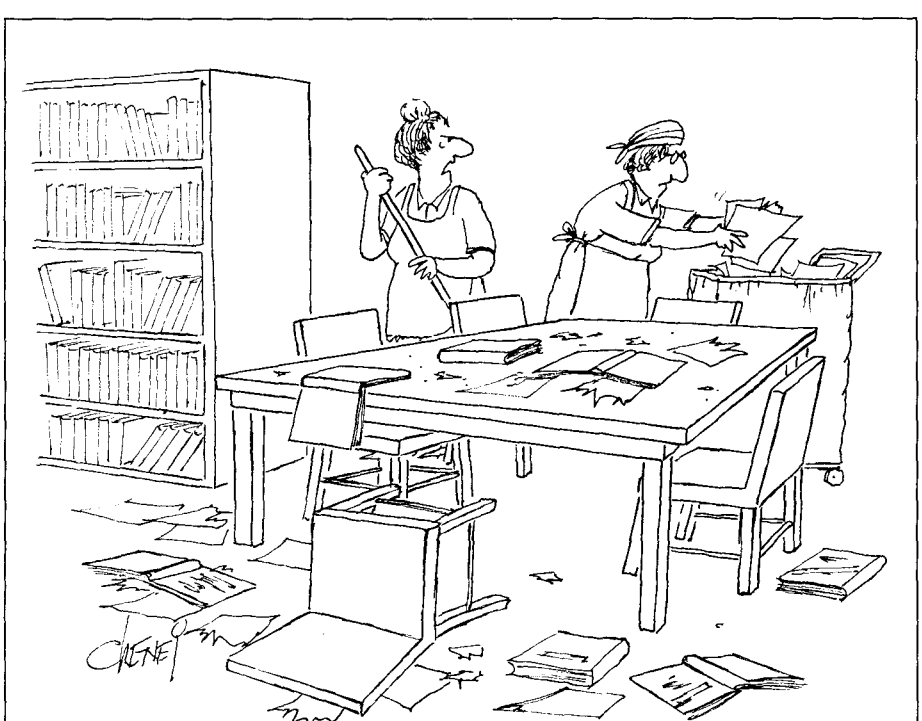
I always enjoy your pages of interesting information about our health.

Dorothy Craik
Conneaut, Ohio

Trouble Comes in Threes

In September 1986 you published an article on melanoma. The pictures looked much like a mole which had developed recently on my left temple. I took the article to my dermatologist. He said, "You have three. They look harmless, but let's remove them and take a look." So I went to the hospital, and they were removed (local). The biopsy and X-ray said there was another, deeper—malignant. So, a couple of weeks later we did a reprise and got it all. It's been two weeks and everything is in order. No pain, no scar, and no anxiety.

Evan H. Browne
Kansas City, Kansas



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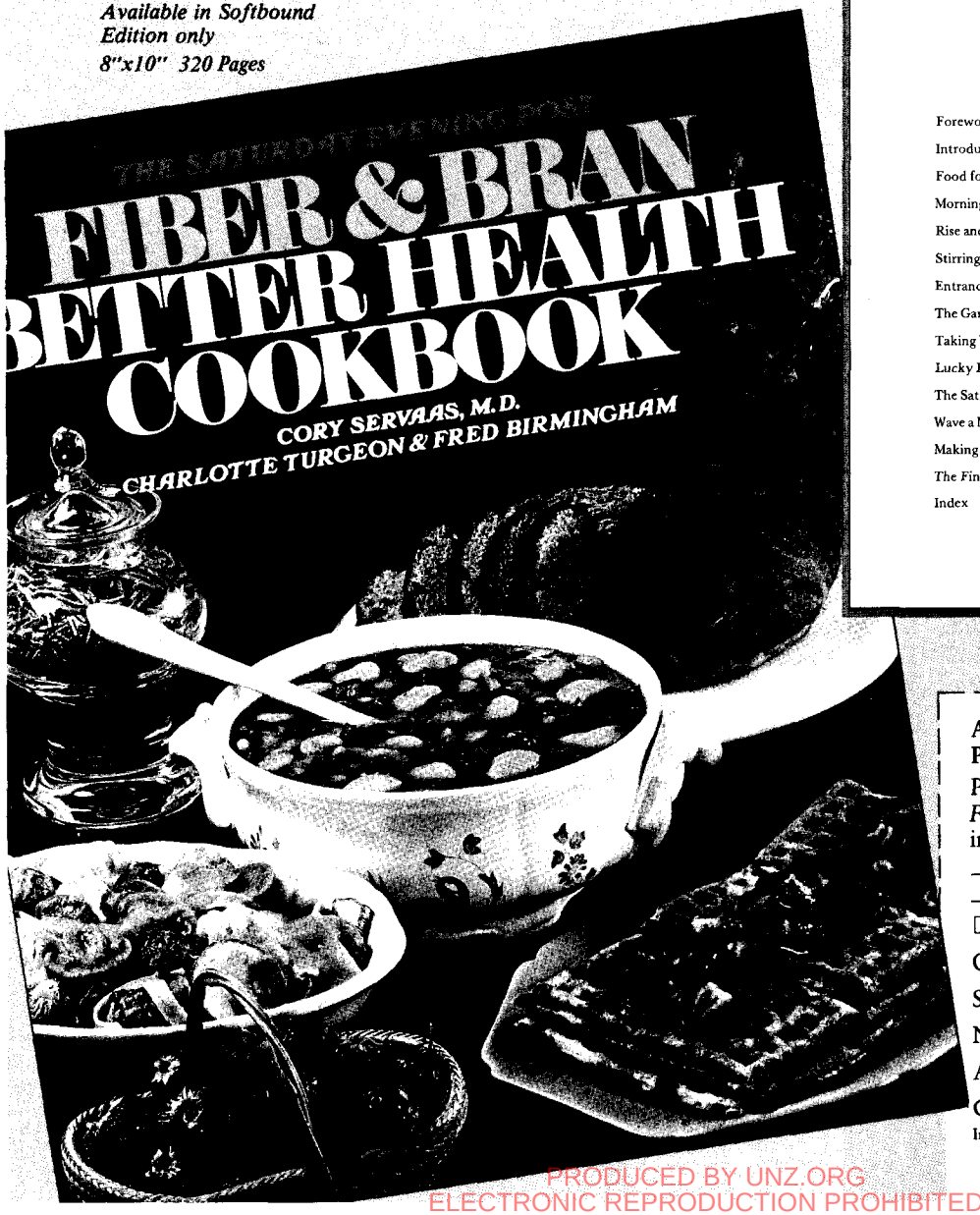

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SPEAKING OUT

PUSHING THE PANIC BUTTON

by Paul SerVaas

When a hunter pursuing his prey examines a fresh spore, he can learn many things—such as how many animals, what kind, lead time, direction, and the animals' relative health. While visiting New York City recently, I was involuntarily transported into a hunter's mind-set. I began seeing something on the street that could not have affected me more if it had been blood. Time and time again, I saw in the gutters and on the subway platforms—Nicorette wrappers. They are unmistakable in appearance.

Congress, please note: This panic button made of nicotine-containing gum could save lives and dollars.

The drug Nicorette is expensive, and it requires a prescription to obtain. People are chewing Nicorettes like candy, though. Friends share them illegally. They are blatantly passed around at parties and after meals. People who feel the need to use Nicorettes confess that without them, they would suffer withdrawal.

Is this another case of prescription drug abuse, similar to, say, Valium? Mercifully, no. Nicorettes are prescribed to lessen the withdrawal symptoms caused when people stop smoking. What caught my hunter's eye in New York—the sheer numbers of Nicorette wrappers—speaks volumes about our modern American society. The message was so primitive and so clear: the animals that had left these spores were *wounded*. If I were tracking them I would have used the utmost caution. Unlike the dying wounded, these animals' spores showed the most feared characteristic of an adversary—the will to live!

Who are these people? Why would they go out of their way to quit something so pleasurable and easy for them to do? After all, you can't see or feel cigarettes killing you. Who gave them so much foresight? Are they poets? Did they conjure up motivating visions of seeing their own grandchildren some day?

It had to be something. Visiting a doctor and a pharmacy to be allowed to chew a mildly disagreeable gum is no picnic. Worse, the packaging is diabolically poor in design. The gum is individually wrapped in hard-to-open containers. (I am told that each Nicorette contains the nicotine equivalent of two cigarettes. The extra dose is to counteract the frustration of opening the wrapper.) Besides being hard to open, the corners of the plastic wrapper are so pointed I'm sure they could score glass. A hand hastily thrust into a pocket full of these delights is sure to draw blood or poke a hole in the pocket. God forbid an addict loses his nicotine fix, because, unlike tobacco, Nicorette cannot be replaced on the spot or in small quantities.

Chewing gum of any sort is not a charming habit. If you want to get ahead in our society, it is not a habit you will want to cultivate (e.g., never under any circumstances chew gum during interviews). It is a terrible ritual. It makes you look ugly, and the gum ends up on the sidewalks. Many hotels won't even sell it because it damages their carpets so. But unlike regular gum that ruins furnishings, teeth, and reputations, Nicorette, discreetly chewed, is a great way to stop smoking.

Obviously, I have enormous respect for people who go this route. I have even greater respect for, optimism about, and faith in a citizenry that learns from its mistakes and strives to be healthy. Saying no to drugs—great idea. Buckle up and live—wonderful. Get drunk drivers off the road—couldn't agree more. But cigarettes are the worst. Just the coughing they cause likely has some measurable adverse effect on our GNP. Closer to home, the cancer, emphysema, and heart problems cigarettes cause will allow millions of families to answer questions like: Do we sacrifice everything we own to pay for special treatment for mom? One year more of dad or four years of college for junior? Should we sell the house and move into a trailer park near the hospital? No, this is not very nice, and we know it.

Well, recently we almost banned all cigarette advertising in America. Congress voted it down. The problem is that a lot of magazines and newspapers would go broke without the cigarette advertising revenue. *The Saturday Evening Post* gave up cigarette advertising in 1983, but it was not easy. A ban on cigarette advertising would most definitely cause a shakeout in publishing that would affect many jobs. Although the *Post* believes in "letting the chips fall where they may," Congress evidently thought a financially strong press was more important.

If Congress is right, the press had better do something healthful to make up for the tainted money it accepts for cigarette pushing. In essence, Washington has said to the print media, "We let many of you live, so do *something*! Specifically, suggest a solution to Congress that doesn't interfere with interstate commerce, First Amendment rights, or

continued on page 104

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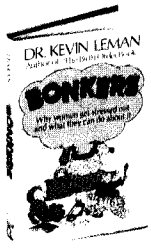

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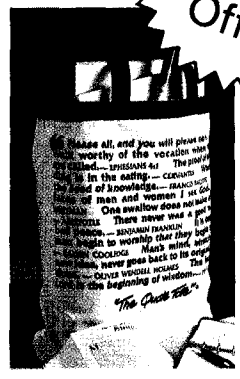

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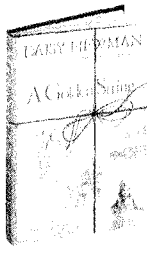

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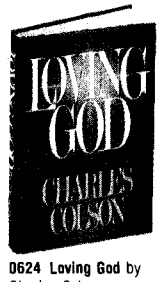

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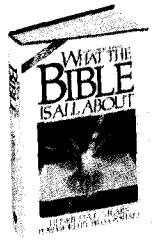

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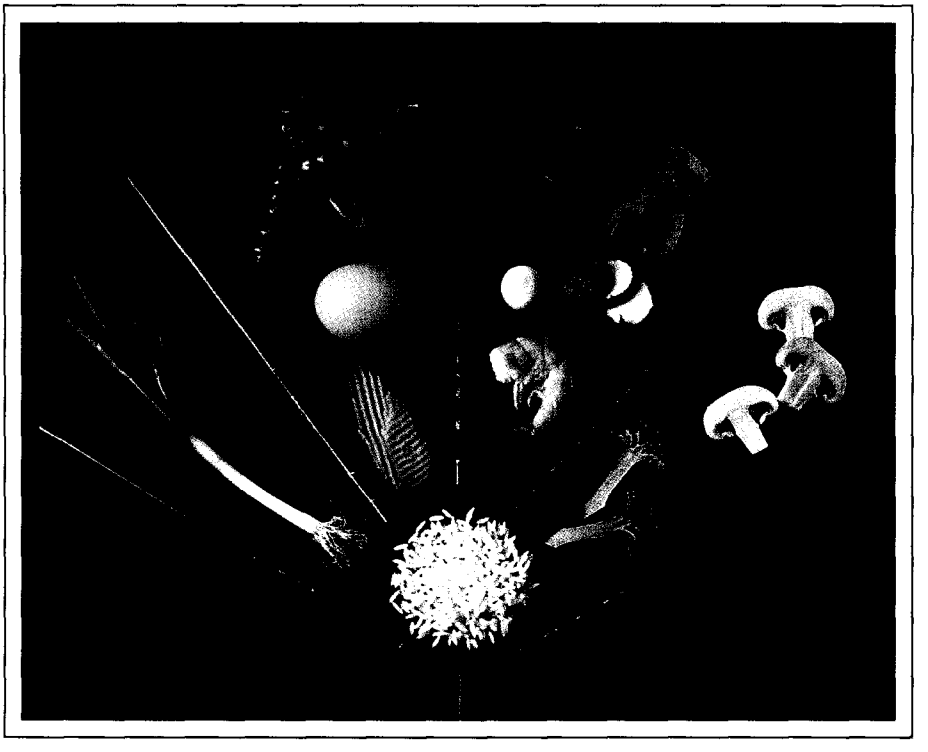
THE FLAVORS OF CHINA

How to cook a delicious Chinese meal without a wok.

by Jacquelyn Nyenhuis



Microwave cooking eliminates the need for oil in most Chinese recipes and helps retain the texture, fresh flavor, and valuable nutrients of vegetables and seafood.

Is it possible to cook authentic-tasting Chinese food in a microwave oven? Although the answer is yes, certainly not all kinds of Oriental cuisine are adaptable to this method of cooking.

Many traditional stir-fry dishes work especially well in a microwave. Vegetables remain crisp-tender and flavorful—and they retain their vitamins. And small pieces of meat or seafood cook just right (whereas large cuts of meat tend to become dry in a microwave).

All the following Chinese dishes, except the dessert, are microwavable, or they can be made in the conventional manner. When attempting a full-fledged Chinese dinner, you may find it helpful to cook one dish in your microwave while stir-frying another in a wok or a skillet.

Begin your Chinese meal with the tasty Won Ton Soup with Mushroom Filling. You can make your own won ton noodles, but it's easier to buy them at a grocery. Place a teaspoon of filling on the center of each noodle and fold the noodle into a won ton shape. Brush the edges of the won ton wrapper with water or a mixture of one tablespoon of flour and one-quarter cup of water to seal the folds. Then simmer the filled won tons in a rich chicken broth. For the best flavor, prepare homemade broth and add thinly sliced vegetables just before serving.

The order in which the ingredients would normally be cooked in a wok may be altered for microwaving. In wok cooking, each ingredient is stir-fried in cooking oil before being combined. In the microwave, the longest-cooking ingredients are microwaved first, and the remaining ingredients are added during the last few minutes of cooking. Using the microwave instead of a wok eliminates the need for cooking oil in most Chinese recipes.

To retain flavor, nutrients, and texture, vegetables should be cooked only a short time: two to three minutes is sufficient. The tender crispness of the vegetables is a welcome contrast to the softness of the rice served with virtually every Chinese meal. Bean sprouts and pea pods need only be cooked until heated through.

Though white rice is usually served at Oriental meals, brown rice is substituted in the following menu for increased fiber and nutrients. Preparation of brown rice in the microwave requires the same time it does on the stove. Although there are slight energy savings to using the microwave, conventional methods can be used while the microwave is preparing the remainder of the meal. Low-sodium soy sauce and unsalted chicken broth can also be easily substituted.

Serve this menu in separate courses, starting with the soup, or in the family style, in which all the courses are served at the same time.

Won Ton Soup with Mushroom Filling
Oriental Shrimp-Rice
Pungent Chinese Vegetables
Scallops and Pea Pods
Mangoes with Ginger Sauce

Won Ton Soup with Mushroom Filling

(Makes 6 servings)

Won tons:
¼ pound raw, deboned chicken breast
1 medium carrot, grated
1 cup minced fresh mushrooms
1 slice of ginger, minced
1 tablespoon soy sauce
2 dozen won ton wrappers

Broth:
4 cups chicken broth
1 tablespoon soy sauce
1 scallion, thinly sliced
4 fresh mushrooms, thinly sliced

Grind chicken in food processor. Stir in carrot, minced mushrooms, ginger,

continued on page 108

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A Heartwarming Portrait of a Child's Discovery

- Shown smaller than actual size of 8½"
- 22K gold rim
- A strictly limited edition porcelain plate

We all take delight in watching children explore nature—especially when they discover a real treasure like a lovely butterfly—just as this little girl has done. These occasions allow us to relive the precious memories of our own childhood, with a fresh look at the world through a child's eyes.

This wondrous discovery by "Ashley" has been captured in lifelike color and detail by American artist Higgins Bond. With an almost photographic quality, Ms. Bond has depicted this adorable blonde toddler, crouched in a meadow of buttercups, observing her new friend.

Higgins Bond paints with a lifelike style, yet her image emphasizes the gentle quality of the little girl's adventure with a soft, dreamy background. And Ms. Bond has lovingly captured each detail of "Ashley's" presence, from the pink satin ribbon in her sunlit hair, to the tiny flower pattern on her dress.

Offered exclusively through The Hamilton Collection, "Ashley" premieres the *Treasured Days* Plate Collection: eight original works by Higgins Bond depicting toddlers discovering the wonders of nature. Each fine porcelain plate will feature a rim of gleaming 22K gold.

Ashley

The edition is strictly limited to 14 firing days, and each plate will be numbered and accompanied by a matching numbered Certificate of Authenticity. As an owner of "Ashley," you are guaranteed the right—***but never the obligation***—to acquire all seven subsequent issues.

Furthermore, you may acquire this premiere plate at no risk. The Hamilton Collection *100% Buy-Back Guarantee* assures that you may return any plate for a full refund, within 30 days of receipt.

Considering the continued popularity of fine, child-subject plate masterworks and the exceptional charm of "Ashley," market experts predict that this plate may well be one of the most sought-after issues of the year, resulting in a strong demand. Therefore, to avoid disappointment, you should order *today.*

RESPOND BY: **March 31, 1987**

Limit: Two plates per collector

Please accept my application for "Ashley" by Higgins Bond. I wish to purchase _____ (1 or 2) plate(s) at $24.50 (plus $2.14 shipping and handling) each, for a total of $_____ ($26.64* or $53.28*). Please check one:

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*FL residents add $1.34 and IL residents add $1.87 per plate for tax. ***All applications must be signed and are subject to acceptance. Please allow 6 to 8 weeks for delivery. Deliveries made only to U.S. and its territories.***

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Exciting and delicious new recipes can make fish the main dish on your table.

Imagine a chef's supreme fantasy—creating a culinary masterpiece that not only is easy to prepare, highly nutritious, and dramatic to the eye, but also gives rise to endless tasty variations and remains economical. Exit the fantasy and enter the reality of fish.

Seafood continues to gain ground in the American diet. Because fish offers an ideal, tasty means of cutting back on heart-threatening cholesterol, fat, and calories, more and more Americans are turning away from traditional fare toward seafood. Fish may do more than reduce the risk of heart attack; recent research indicates the polyunsaturated oils in fish, termed Omega-3 fatty acids, may actually help prevent blood clots, a major cause of heart attacks, by thinning the blood.

O.K., we know it's good for us—so is seaweed. How do we make it taste convincing? Thanks to the inherent curiosity of the American people, new recipes for fish surface daily. The variations of seafood are legion. Whether in soups, casseroles, main entrées, salads, chowders, or appetizers, the delicate flavor and texture of seafood delight the most epicurean tastes.

You won't have to fish for compliments when you serve any of the tasty, elegant recipes we've discovered. Fillets Fettucini is a delightfully different combination of flaky, white fish fillets, served on a bed of green fettucini, complemented with Parmesan and Romano cheeses. For a seafood supper in a snap, Parmesan Halibut is a quick, delicious solution. Looking for something special to delight an important guest? Melva's Gourmet Baked Salmon, simmering in fresh vegetables and white wine, is just the ticket to kick off a palatable evening of entertainment.

Stow away your own treasure-trove of seafood recipes. For a zestier, more healthful lifestyle, seafood makes sense.

The endless variety of delicious seafood, such as halibut or salmon, can take the humdrum quality out of routine menus.

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Fillets Fettucini
(Makes 4 servings)

1½ pounds skinless, white fish fillets
1 stick unsalted margarine or butter, softened
1 package Golden Dipt® International French White Sauce Mix with mushrooms
2 cups half-and-half
¼ cup dry white wine
¼ cup grated Parmesan cheese
¼ cup grated Romano cheese
2 tablespoons snipped chives
Salt and pepper to taste
1 pound green fettucini, cooked, drained

Cut fillets into 1-inch strips. In skillet, melt ¾ stick margarine. Sauté strips 3-5 minutes or until fish flakes easily when tested with fork. Remove fish and keep warm on heated platter. Blend in dry sauce mix. Add half-and-half and wine. Boil for 8 minutes; whisk constantly. Stir in cheese, chives, cooked fish, salt, and pepper. Toss hot fettucini with ¼ stick margarine. Place on warm plates. Top with sauce. Serve with additional grated cheese.
Menu suggestion: Salad of green leaf lettuce, sliced tomatoes, purple onion rings, and black olives with your favorite Italian dressing.

Queen of the Kitchen

When I enter my kitchen, I think of myself as queen of a kingdom. The happiness of my family depends upon my long and contented reign. I decoupage queen-of-hearts cards above my stove and sink to remind me how important I am. Keeping a confident and cheerful mind in the kitchen makes my time in the kitchen a pleasure.

—Alice T. Weger
Oklahoma City, Oklahoma

Parmesan Halibut
(Makes 4 servings)

⅓ cup grated Parmesan cheese
3 tablespoons flour
1½ pounds halibut steaks or fillets cut into serving-size portions
3 tablespoons margarine or butter
2 tablespoons chopped parsley

Combine cheese and flour. Dip halibut in mixture and sauté in margarine until fish flakes when tested with fork. Remove halibut from frying pan and place on platter. Pour drippings over fish and sprinkle with parsley.
Garnish tip: Garnish with lemon wedges and parsley sprigs.

Melva's Gourmet Baked Salmon
(Makes 6 servings)

2 large onions, sliced
1 clove garlic, minced
3 stalks celery, chopped, including tops
½ cup olive oil
3 green onions, chopped
2 tablespoons chopped parsley
½ cup dry white wine
1 can (1 lb.) whole tomatoes, crushed
Salt and pepper to taste
3 pounds salmon steaks

Sauté onions, garlic, and celery in olive oil for 10 minutes. Add remaining ingredients except salmon. Place

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salmon in large casserole. Pour mixture over salmon. Bake, covered, at 375° F. about 20-30 minutes.

Fish and Shrimp en Papillote
(Makes 4 servings)

½ stick unsalted margarine
½ cup peeled, deveined, and finely chopped shrimp
¼ cup sliced mushrooms
¼ cup chopped shallots
1 package Golden Dipt International French White Sauce Mix with mushrooms
1 cup milk
4 tablespoons dry white wine
2 pounds skinless, white fish fillets
4 12" rounds of aluminum foil or parchment, oiled

Preheat oven to 425° F. In saucepan, melt margarine. Sauté shrimp until pink. Remove from pan. Sauté mushrooms and shallots. Add dry sauce mix, milk, and wine. Boil 3 minutes; whisk constantly. Remove from heat and stir in shrimp. Divide fish fillets among foil or parchment rounds. Cover with shrimp sauce. Fold rounds in half and crimp outer edges securely or gather foil into small bundle. Bake at 450° F. 15 minutes per inch of thickness. Serve immediately in pouches.
Menu suggestion: Green beans and mashed potatoes.

Carrot-Topped Cod Fish
(Makes 6 servings)

2 cups coarsely shredded carrots
3 tablespoons margarine
1 teaspoon grated lemon peel
2 tablespoons lemon juice
¼ teaspoon thyme
¼ teaspoon salt
2 pounds cod, cut into 2 or 3 equal portions

Mix first 6 ingredients well. Place cod in pan and spread carrot mixture over the top. Cover tightly with foil and bake at 450° F. 8-10 minutes or until fish flakes.
Garnish tip: Garnish with celery leaves.

Easy Seafood Chowder
(Makes 3 servings)

1 medium potato, peeled and diced
2 cans (7½ oz. each) milk
1 envelope (about 0.6 oz.) instant dry cream of chicken or cream of mushroom soup
1 can (7½ to 7¾ oz.) salmon
1 tablespoon margarine
Salt and pepper to taste

Cook potato in small amount of water; add remaining ingredients and heat until margarine is melted.

Star-Kist Tuna
Grilled Peppers 'n Rice
(Makes 2 servings)

1 can (6½ oz.) Star-Kist® Tuna in natural spring water, drained
2 cups cooked long-grain rice, warm
1 red and 1 green bell pepper, grilled, seeded, and diced*
4 grilled onion slices, diced*
2 tablespoons olive oil
¼ cup chopped fresh basil leaves
1½ tablespoons fresh lemon juice
1 tablespoon minced fresh parsley
½ teaspoon salt
Freshly ground pepper
Radishes, olives, basil sprigs to garnish

In large bowl, combine all ingredients except garnishes. Cover and cool to room temperature. Garnish with radishes, olives, and basil.
*Grilling may be done on a barbecue or under broiler flame.

Star-Kist Tuna Pasta Salad
(Makes 2 servings)

1 can (6½ oz.) Star-Kist Tuna in natural spring water, drained
1 tablespoon and 1 teaspoon olive oil
1 small lemon, peeled and coarsely chopped
8 pitted black olives, coarsely chopped
1 tablespoon rinsed capers
2 garlic cloves, chopped
2 cups cooked pasta spirals
1 cup quartered artichoke hearts
1 tablespoon chopped fresh parsley
Salt and freshly ground pepper to taste

In screw-top jar, combine oil, lemon, olives, capers, and garlic. Shake thoroughly to mix. In large bowl, combine tuna, pasta, artichokes, and parsley. Pour dressing over tuna mixture; toss. Season to taste with salt and pepper.

Nothing can top a great pasta—except a great sauce, that is. Fillets Fettucini features a delightful white sauce of white fish fillets, with Romano and Parmesan cheeses.

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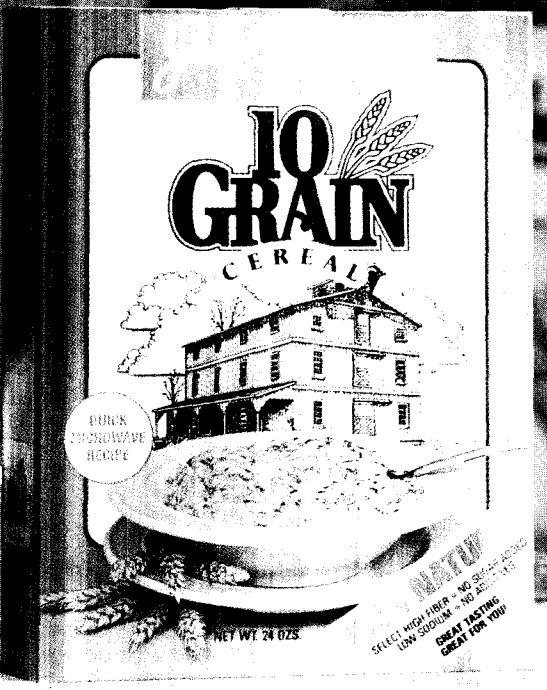
"...whole grain cereals may help lower the risk of colorectal cancer."



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THE BATTLE IN YOUR MOUTH

A secret war between good and bad bacteria may determine how long you will keep your teeth.

by Laurie S. Senz

Illustrated by Terry Sirrell

David M. took pride in his appearance. He exercised daily, watched his weight, rarely ate junk food, and brushed his teeth twice a day. And as he had done since he was a child, he went to the dentist twice a year—only as an adult he never actually saw the dentist, just the hygienist who cleaned his teeth.

"I never got cavities," he says, "so I thought it was a waste of time and money to have the dentist look at my teeth."

David, age 32, now wishes he had spent the extra time and money. Two years ago, David finally saw the dentist about a pain in his jaw. X-rays revealed an impacted wisdom tooth and moderate-to-severe periodontal disease as well.

David's case is typical, says Dr. William Wright, a senior periodontal researcher at the National Institute of Dental Research. "People don't go to the dentist for periodontal disease, because they don't know it's occurring," he explains. "They go for some other reason, and while they are there, the gum disease is picked up by the dentist."

David is not alone. The American Dental Association says three of every four adults suffer some form of gum disease during their lives. Gum disease is silent and sneaky, causing virtually no pain in its early stages. Lack of pain is one reason gum disease accounts for 70 percent of all lost teeth. By the time people discover they have gum disease, it's sometimes too late to save all their teeth.

David had thought about seeing the dentist when his gums began bleeding during brushing. "I wasn't in pain, though," he recalls, "and a few weeks later my gums stopped bleeding. I figured that whatever the problem was, it had disappeared."

Dr. Jerry Rosenbaum, a periodontist in Fort Lauderdale, Florida, hears such statements frequently. "A lot of people don't think anything's wrong when they see a pink toothbrush," he says. "But gums aren't supposed to bleed. When they do, it's a sign of gum disease, and to ignore this early sign is to risk losing your teeth."

"This lack of alarming symptoms is one of the reasons gum disease progresses," Dr. Wright says. "There may be a little bit of bleeding, but that may cease after a fairly short period of time because the disease is going deeper down the root."

The War in Your Mouth

Gum disease, the most destructive of all oral disorders, is actually a group of diseases caused by bacteria that form constantly in the mouth. The prime culprit is a sticky, colorless film of bacteria called plaque.

Think of gum disease as a small

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war being fought in your mouth. When the plaque bacteria win a skirmish, they multiply, causing more plaque, which irritates the gum tissues and makes them tender, swollen, and prone to bleeding. Plaque not removed daily hardens into crustlike calculus, or tartar, which forms around the edges of the gum tissues and irritates them further. The gum's reaction to the invading bacteria is called gingivitis, literally, an inflammation of the gum tissues.

Gingivitis, an early stage of gum disease, is the only stage that can be totally reversed by proper daily brushing and flossing, plus regular professional cleanings. But left unchecked, gingivitis may progress to periodontal disease—much more damaging to the gums and to the bone structure that supports the teeth. "The bacteria get down under the gums and start producing toxins," Dr. Wright explains. "These toxins go into the soft tissue cells of the gum and overwhelm the local defense mechanisms—the good bacteria."

The skirmish is now a full-fledged battle. To evade the bad bacteria, the gum tissues pull away from the germ-coated tooth surface and form pockets in the gum that quickly fill with more plaque and calculus.

The body now tries to fight back by inflaming the area under attack. "It's a snowballing effect," Dr. Wright says. "Inflammation is a defensive mechanism of the body to protect itself from any sort of foreign attack. Unfortunately, the inflammation destroys the microscopic fibers that hold the gum tissue to the bone and the bone to the tooth. Eventually, the body tries to rid itself of the disease-covered tooth, which is now seen as a foreign body." Of course, lost teeth mean the war is over—the victory belongs to the bad bacteria.

Treatment

"The best way to prevent gum disease is to understand first that you cannot totally prevent it," says Dr. Erwin Barrington, a professor of periodontics at the University of Illinois College of Dentistry and a past president of the American Academy of Periodontics. "Gum disease is a naturally occurring disease that is going to strike you at some time in your life. It's part of the human condition. It's not 100 percent preventable, but it is controllable. But," he adds, "once the disease has progressed, it must be treated. It won't just go away."

The treatment used on periodontal disease depends on how far the disease has progressed. David had already developed deep pockets in his gums and much bone loss. His dentist recommended a nonsurgical procedure called scaling and root planing. Scaling removes the accumulated calculus from the teeth, and root planing smooths the root and removes toxins embedded in the root surface.

"Sometimes scaling and root planing may be the only therapy that's needed," Dr. Wright says. Not for David. In parts of his mouth, the pockets were too deep to fully clean, so his dentist had to perform a surgical technique—flap curettage—to reach the other diseased tissues.

"Research has shown," Dr. Wright says, "that there are two overriding factors as to how success-

continued on page 78

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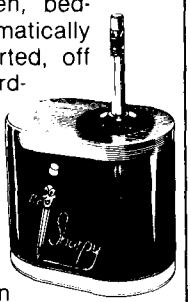

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Some doctors are now using lysine in the treatment of cold sores, mononucleosis, shingles, and other herpes-related illnesses. Still other benefits of this essential amino acid are pending.

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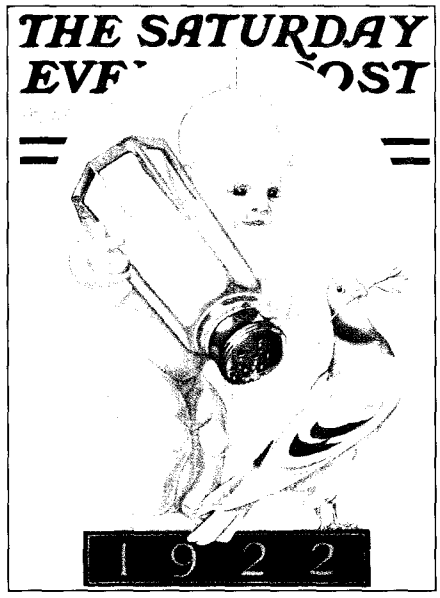

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THE SATURDAY EVENING POST

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HUGGING YOUR WAY TO HEALTH

Rather than the poet's "malady without a cure," love is now found to be a cure for certain major maladies.

by Frances Sheridan Goulart

You gotta have heart, no doubt about it. If you're anything like the rest of us, you like your job, your hometown, and your next-door neighbor, but you *love* being loved.

Dr. John Flanagan says of a recently completed six-year U.S. government study, "Having a close relationship with husband or wife was considered 'very important' or 'important' to men at every age—90 percent of the 30-year-olds, 91 percent of the 50-year-olds, and 84 percent of the 70-year-olds. It got high ratings as well from women ages 30 and 50—94 percent and 81 percent of them."

When 20,000 people were asked to rate the relative importance of different aspects of their lives, researchers from the American Institute for Research concluded: "Love got a 30 percent rating, followed by work with 19 percent, then finances with 15 percent." Parenthood rated only 14 percent, and religion finished last.

Just a little loving burns as many calories as a good bout of gardening and keeps you psychologically fit.

Love is not blind. A little nearsighted, maybe—but not blind. The male animal isn't necessarily looking for a looker, polls indicate. High on the list of qualities men seek in someone to love are openness, honesty, understanding, physical attractiveness, and intelligence. Men also want someone who respects them and a person with whom they feel comfortable. "Someone to fulfill my wildest fantasies" was the least important quality in an ideal lover.

Love will find a way even when there isn't any sex to go with it. A survey conducted by Playboy Enterprises and Louis Harris Associates says: "Adult male respondents, making a clear distinction between love and sex, placed far greater value on love. Eighty-five percent said love is very important to them. . . . Slightly less than half described sex as being very important for their own personal happiness."

Jonathan Freedman, a researcher, adds: "Only a small percentage of Americans list sex as one of the 'crucial things missing' from their lives, and there seems to be no correlation at all between happiness and the frequency of sexual experience or variety of sexual partners. Love seems to be the single most important element in personal happiness for most people surveyed.

"Nearly all the surveys and studies on happiness point to a similar conclusion regarding marriage and happiness," Freedman says in *The Complete Book of American Surveys*. "Married people, in general, are happier than single people. And while men get used to being single as they age, single women become progressively more miserable."

Love doesn't come cheap, either. As someone once defined it: "It's an island of emotion surrounded entirely by expenses. Love is what makes you buy orchids when you can't afford carnations." A kiss can cost you, in other words. Indeed, the cost of love is growing by leaps and bounds. As a matter of fact, another source notes, while the Consumer Price Index rose 258 percent in the last 25 years, the Cost of Loving Index (candlelight dinners, long-stemmed roses, and all the rest) rose 420 percent.

But it's worth the price. Look what happens biochemically when you're high on love: with a passionate kiss, biochemists say, the pituitary and adrenal glands release a number of chemicals into the body and set off a lightning-like chain reaction affecting the entire system. Blood pressure rises. The pulse quickens. Circulation races. The pores of the skin open and beads of perspiration appear.

Passion aside, love has an A-1 rating for its remedial values. "In 100 percent of the cases of most diseases—including arthritis, diabetes,

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THE SATURDAY EVENING POST

The Choir Boys

From the cover of *The Saturday Evening Post* and the workshops of Italy comes this limited-edition figurine in fine porcelain.

Throughout the 1930s and 40s, Frances Tipton Hunter delighted *Saturday Evening Post* readers with her illustrations of children caught in familiar circumstances—usually full of mischief. No illustration was more beloved than her December 10, 1938, cover of *The Choir Boys*, a portrait of five little imps whose saintly attire and angelic faces are betrayed by evidence of a recent difference of opinion.

Italian Craftsmanship

Forty years later, in a workshop in the shadow of the Leaning Tower of Pisa, Italian artist Giuseppe Armani recreated Hunter's choirboys in an exquisitely crafted sculpture that captures the mischievous spirit of these instant, if temporary, angels. Armani's apprenticeship under the masters of his craft, his long years of work perfecting his style, and his special love for children shine through brilliantly in this precious sculpture.

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From Armani's original only 5,000 reproductions have been made. Each fine-porcelain figurine is hand painted in extraordinary detail, from the tops of the boys' bruised heads to the tips of their bandaged fingers and the bottoms of their buttoned robes. *The Choir Boys* stands 11¾" tall and comes mounted on a beautiful 6¼" x 6¼" wood base bearing the personal number of this limited-edition work of art.

A Timeless Treasure Available Now

These heavenly rascals made a return visit to the *Post* when Armani's figurine was featured on the cover of the December 1986 issue. Why not invite *The Choir Boys* into your home permanently? This piece is now available for $325, including postage and handling. What better heirloom to pass on to the little angels in your family?

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heart disease, and mental illness—love can help improve the patient's condition. More than 75 percent of the time, love can mean the difference between deterioration and a cure," says Dr. J. DeWitt Fox, a neurosurgeon.

Love can lower your blood pressure, raise your IQ, improve your emotional well-being, even save you from a life of crime, says Dr. James W. Prescott, a neuropsychologist and president of the Institute of Humanities Science in Los Gatos, California. "A baby who isn't hugged, kissed, and held enough stands a greater chance of growing up to become an alcoholic, drug abuser, or criminal," he says.

Well, whatever it is, and whatever it costs, we can't get enough of it—in real life or elsewhere. The longest kiss on film, for example, between Regis Toomey and Jane Wyman in the 1941 film *You're in the Army Now,* lasted 185 seconds. (Despite the myth, your chance of catching a cold from a three-minute kiss is only 7.5 percent.)

Love may not make the world go round, but it sure seems to put it on spin-dry. Here's why you should give it a whirl:

1. Just a little loving burns as many calories as a good bout of gardening. But beyond that, it keeps you psychologically fit. As the noted psychoanalyst Theodor Reik once observed, "Work and love—these are the basics. Without them there is neurosis."

The human behaviorist James Hardison, author of *Let's Touch: How and Why to Do It,* agrees. "The need to touch, kiss, and caress one another is as vital as your need for food, clothing, and shelter. Feelings of isolation and anxiety can be dispelled through touching, and so can grief and sadness."

2. Use it, but don't abuse it. Love is an ideal vehicle for addiction because it can exclusively claim a person's consciousness. If, to serve as an addiction, something must be both reassuring and consuming, then a sexual or love relationship is perfectly suited for the task. Someone who is dissatisfied with himself or his situation can discover in such a relationship the most encompassing substitute for self-contentment and the effort required to attain it. When constant exposure to something is necessary in order to make life bearable, an addiction has been established. Being loved often solves the problem.

3. The friendship factor is a force to be reckoned with if you're out for optimum health, concludes James J. Lynch, Ph.D., the author of *The Broken Heart: The Medical Consequences of Loneliness.* "Social contact has a demonstrable effect on brain size. For example, young rats deprived of rat pals can lose up to 10 percent of their brain size. And if you put old rats—the equivalent of 65-year-old people—in with young rats, the old rats' brains grow. The brain has this ability to keep regenerating itself."

"Ordinarily, ma'am, we advise against paying ransom, but in this case I think I'd just go ahead and pay the ten bucks."

4. Love can make you laugh, and that's healthy, too. Dr. Raymond A. Moody, Jr., the author of *Laugh After Laugh: The Healing Power of Humor,* says, "Laughter is also a good exercise. The heart, lungs, and even the adrenal glands get a good workout. Blood pressure rises, too. Laughter is invigorating and stimulating."

What's more, love and laughter have healing power. Recent research shows that laughter can stimulate such hormones and chemicals as endorphins, the body's own naturally synthesized pain reducers.

5. Cuddle up a little closer with your kith and kin. Children cuddled frequently achieve better grades in school. Better yet, says Robert G. Kegan, a lecturer in human development at Harvard University, "Studies show that young children in elementary-school classrooms thrive much better with teachers who actually physically touch the students in affectionate or supportive ways." Blood pressure tends to go down.

"Hugging, cuddling, and touching also express attraction, comradeship, affection," says Dr. William F. Fry, clinical professor of psychiatry at Stanford University. "Hugging is especially helpful to those who are depressed."

It appears, says Dr. Leo Wollman, a New York City psychiatrist and weight-loss expert, that many women overeat and pack on pounds when their mates do not show them enough affection. Studies he has conducted show that hugging and cuddling help overweight women shed those extra pounds.

6. Love is what you need to reduce stress, even if it makes you cry. In fact, *especially* if it makes you cry. In a report from the Psychiatric Nursing Center at Marquette University School of Nursing in Milwaukee, Dr. Margaret Crepeau found that people who cry freely suffer less from such stress-related diseases as gastric ulcers and colitis, an inflammation of the large intestine. In her study of 128 men and women, she found: "Crying determines our susceptibility to stress-related diseases. The more crying a person does, the less likely he is to suffer from such diseases." Women cry five times as often as men, on the average. "If we don't cry, our health suffers," she says.

Better low-calorie tears than high-calorie milkshakes if you're unlucky in love. "Eating habit" studies conducted at Harvard University and at the University of California have shown repeatedly that an abnormal desire for milk often occurs when a

continued on page 78

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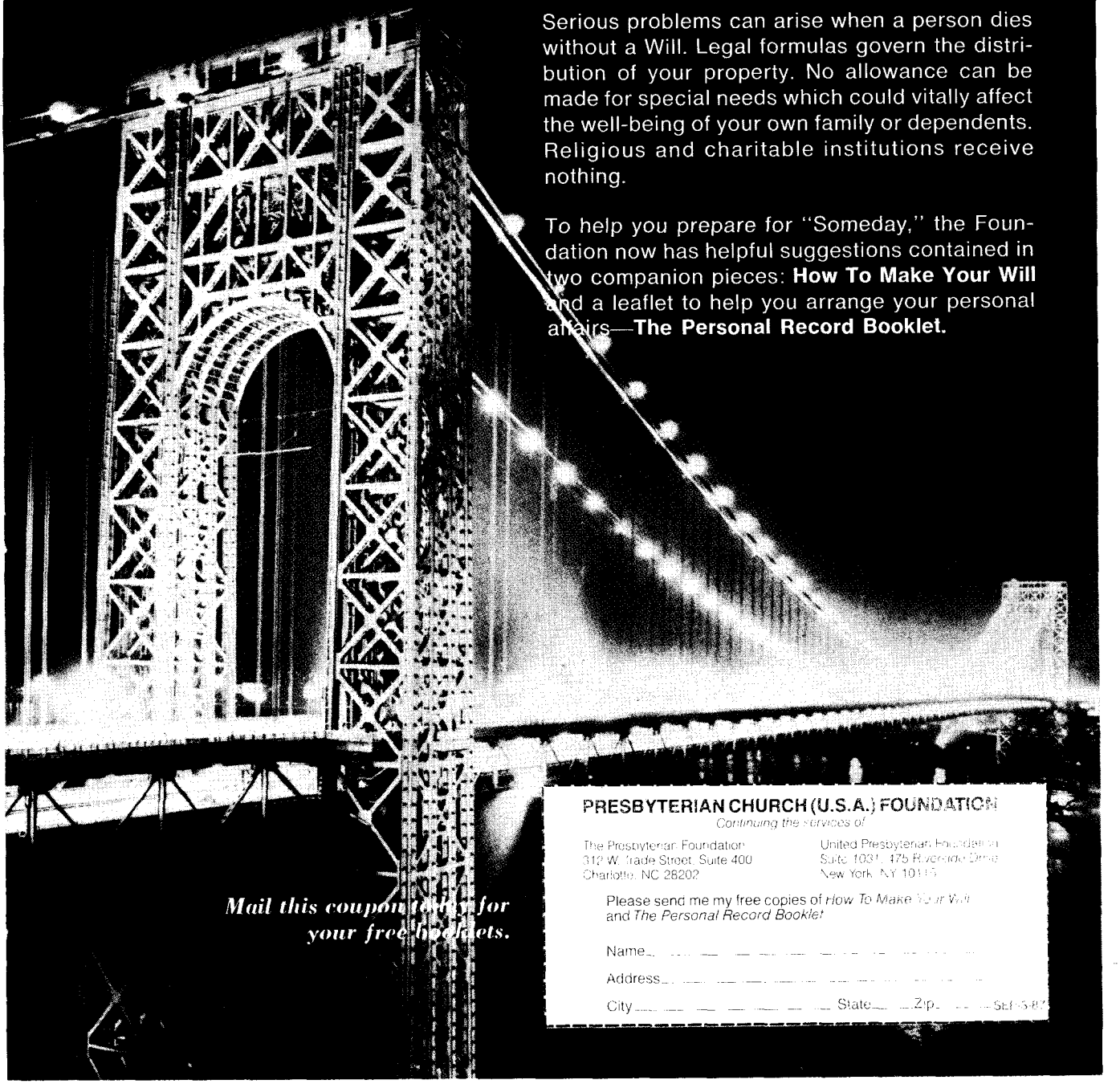

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HOME IMPROVEMENTS

THE RACE FOR INNER SPACE

Most American households are not as concerned with the problems of outer space as they are with how to overcome the situation of dwindling space in their own houses or apartments.

by Jack Hayes

Americans are facing a storage crisis. The reasons are many—one is the rising cost of home building. As designers try to pack more living space into smaller dwellings, the area left for storage shrinks.

Tom Stanton, a residential home designer with W.D. Farmer, Inc., says a typical American bedroom closet today ranges in size from 2 or 2½ percent to 4 percent of the total bedroom, although 10 percent would be more nearly adequate. But "no matter how much closet space we show, the homeowner always needs more in five years," he says. The reason? While storage space dwindles, retailers continue persuading people to buy ever more toys, tools, gadgets, and appliances.

Joe Habib of the Household Goods Carriers Bureau, an organization that charts statistics for the residential moving industry, says the typical family's personal property weighs 20 percent more today than in 1977. "We didn't have VCRs and compact disc players a few years ago," Habib says. "Think of the storage demand created by just these two recent electronic inventions."

In their present quandary, Americans have much to learn from Europeans about storage. Anne Harland, president of Walther Furniture Company, a West German-owned firm that sells European home furnishings in America, says families in her densely populated native country are storage conscious out of necessity. "We use every corner to its fullest potential," she says.

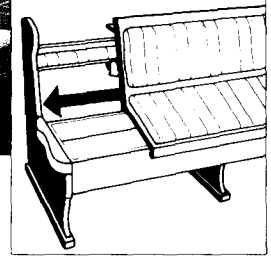
European furniture is designed with storage in mind. The bedroom wardrobe, for example, used extensively in 19th-century America, is still popular in Europe as an economical alternative to building a closet. Modular wall units are another European storage invention. These 3'x6' modules stack side by side to create useful storage enclosures. Most come with shelves, doors, dividers, and drawers. Some have lights and even electrical outlets—and they cost $50 to $500 per module.

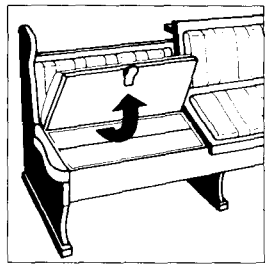
Storage beds, popular with Scandinavian furniture makers, sit on high platform bases with drawer space beneath. Some have drawers on three sides. In Germany, dining-room tables with storage space have caught on. "Wrap-around" seating allows the tables to fit against a wall or in a corner. Hinged seating tops hide storage space beneath.

• • •

In the United States, many homeowners with the time and the tools are building home storage space themselves. Dennis Holtzclaw, of the national do-it-yourself retail chain Home Depot, compares do-it-yourself to professional remodeling:

"In rough numbers, figure on $300 for a finished wall system six feet high and eight feet wide," Holtzclaw says.





The race for more household space has reached the dining room in a recent European advance—bench seats that extend to make room for guests without the need for extra chairs. The area underneath may be used for storage.

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"Figure on $200 if it's unfinished," he adds. If you build your own system, the cost will vary with the grade of lumber you select, he says. A wall unit made with furniture-quality clear fir, costing about $2 a foot in the Southeast, would finish out at roughly $125, Holtzclaw estimates. In the same region of the country, pine would come out cheaper—about $75—and oak would be more expensive—about $200.

In other words, you save about half the cost of a prebuilt unit if you build it yourself. But Holtzclaw also counsels: "Ask whether you want the piece to be portable or permanent. A shelf doesn't move easily once you've made it part of the wall."

Often it's possible to reclaim storage space by using inexpensive materials. Home-improvement, hardware, home-accessory, and discount stores sell do-it-yourself steel-wire shelving (roughly one dollar a foot) that can be used to expand storage space in crowded or poorly organized closets. Ready-made shelving systems cost two or three times more.

• • •

The best procedure in planning your home storage needs is to assess each room for unused space and to weigh the cost and difficulty of various solutions. Here are some suggestions:

Bathrooms—If your bathroom is cramped, provide extra space for hanging towels by attaching racks to the inside of the bathroom door. Better yet, attach basket-style wire shelving to hold towels, sponges, and toilet articles.

Wasted space on tiled walls in the tub area can become useful when fitted with glass or wire shelving.

Children's rooms—Traditional beds take up much floor space. Platform beds on stilts five feet off the floor provide minilofts with plenty of room for storing toys or hanging clothes underneath.

Living rooms, dens—Recessed window niches, often found in older houses, are a natural for window seats, inside which blankets, books, and other household items may be stored.

Or you can make a wall. Wall-unit modules stacked back to back can create a room divider or shallow enclosure. A do-it-yourself wall could start with 12-inch-wide vertical beams with shelves between.

Kitchens—Manufacturers of convenience appliances are battling for space in the previously underdeveloped wasteland between cupboards and counter. If you haven't already filled this space with microwave ovens, coffeemakers, and knife sharpeners consider installing open shelving, or, at the very least, hooks to hang some of your more frequently used kitchen implements.

Open-rack shelves for dishes and glassware hung above a kitchen island can also add attractive and practical storage space.

Hallways and closets—Hallways are notoriously underused areas. Bookshelves installed along one side of a hall may help solve your storage problem. There's also hidden space in almost any inside wall in the shallow area between the studding. This area can be opened to add extra depth to closets in rooms or hallways, or it can be turned into a shallow storage area covered by louvered doors.

Outside—Front and back porches, decks, and open crawl spaces may be walled with decorative lattice screens to create hidden storage for lawn and garden tools and supplies.

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VETS ON PETS

DOGS, CATS, AND CANCER

Older pets prone to cancerous tumors can often be saved by early detection and proper treatment.

by H. Ellen Whiteley, D.V.M.

One of my favorite patients ever, a 175-pound Great Dane named Buck, was susceptible to cancer, an unfortunate trait common to his breed. In three years I removed five malignant skin cancers from Buck's head and neck. Buck's owner feared he would lose his companion to this disease, but Buck lived to be 12 before succumbing to congestive heart failure.

A diagnosis of cancer always frightens pet owners, and with some cause: in a national survey, pet owners reported that cancer was the leading cause of death in their dogs and cats. But cancer is not invariably fatal, as Buck's case shows. Given early detection and proper treatment, a cancer-stricken pet has a good chance of living a full life.

Scottish terriers are among a small group of purebreds highly susceptible to tumors; cats are prone to leukemia.

Cancer is a disease of older animals. Over a pet's lifetime, inflammatory events cause increased cell division and mutation. Because the immune response to these mutated cells peaks at puberty and gradually decreases with age, most tumors occur in dogs and cats at least six years old.

The same conditions that predispose humans to cancer also affect animals. Dogs that live in polluted areas, for example, suffer more instances of respiratory cancer, just as people who smoke cigarettes or breathe polluted air have a higher risk of developing lung cancer. And overexposure to ultraviolet light can have the same result for lightly pigmented animals as for fair-skinned sunbathers: skin cancer.

And so on. High-fat diets, which contribute to colon cancer in humans, may have the same result in pets. Similarly, obesity is no more healthful for an animal than it is for a human; an overweight dog has a greater chance of developing lipomas —fat tumors—in later life. Osteogenic sarcoma, a bone cancer prevalent in tall humans, is also common in breeds of large dogs, such as the Saint Bernard. This cancer most often affects weight-bearing leg bones, perhaps because of stress on these rapidly growing bones when the animal is young; it can spread rapidly to the lungs. Amputation of the affected limb is the most common treatment, and early diagnosis is essential for survival.

Breast cancer, the most prevalent tumor in dogs, is influenced by hormonal production. Spaying a female dog before her first heat cycle will reduce her risk of developing breast tumors; similarly, women who have had an early or artificial menopause have a lower risk for developing breast cancer.

Viral infections in cats have been shown to cause lymphosarcoma (cancer of the lymphatic system) and leukemia (a malignancy of the blood). Because those viruses do not cause leukemia in humans, an infected cat is not dangerous to anyone in the house—except other cats. Sometimes a cat's own body defenses can eliminate the virus successfully, but fortunately cats have another defense, a vaccine just developed that will protect them from feline leukemia.

As in humans, early detection of cancers in pets can mean the difference between successful treatment and death. Be alert for these warning signs of cancer in animals:

- Abnormal swellings.
- Sores that won't heal.
- Bleeding from the mouth, nose, urinary tract, vagina, or intestinal tract.
- Bad odor, especially from the mouth or the anus.
- Difficulty eating, swallowing, breathing, or urinating.
- Loss of appetite, weight, or interest in activity.

Any rapid swelling of the skin should be examined by a veterinarian. A pea-sized mass felt in a dog's mammary gland may be the first sign of breast cancer. Swelling in the long bones of large dogs, especially near the joints, should be immediately checked and X-rayed. Chronic nosebleeds, tearing, and facial deformity may be indications of nasal cancer. Be especially attentive to breeds susceptible to tumors, such as basset

continued on page 110

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WEALTH AND POWER

IN JUST 90 DAYS!

Dear Friend

Not to long ago I lost my business and along with it all of the money I had made in the last 10 years. It got to the point that I didn't even have enough money to pay for rent and of course my car was repossesed not to mention that I ended up in debt for over $200,000.00, and the list goes on.

PAY ATTENTION TO WHAT I AM GOING TO TALK TO YOU ABOUT, if you ever had any money and then suddenly lost it all, you know how I felt. If you don't have any money now or not enough to get by on, you know what I am talking about. It is a **horrible** feeling. My credit was shot, I lost all of my friends and my dreams became nothing more than a dream. The fact of the matter was that I was broke, very broke and that I was going nowhwere fast.

I am not trying to make you feel sorry for me, after all I got out of debt and in the last six months I have bought a brand new Rolls Royce, a boat and a house worth over half a million dollars and I paid for it all with cash, and I don't work more than four hours a day, from Monday to Thursday, best of all I don't have to answer to anyone and I have lots of time to do the fun things I enjoy. I am also NOT trying to impress you with my magic.

MY SUCCESS CAME AS THE RESULT OF MY RESEARCH INTO ALL OF THE THINGS THAT CAUSED ME TO MAKE MONEY PRIOR TO LOSING IT, except I have simplified them and it has only taken me six months to get back on my feet and make more money that I ever dreamed of. Had I not found the way to making money fast, god knows what would have happened to me and my family.

Today I enjoy a line of credit with my bank of $1,000,000.00 and I also own a couple of income properties, so that no matter what happens I will always have enough income to support my family and never have to work one more day of my life. All of this in eight months, not to bad for only sixteen hours work per week.

By now you are probably wondering if, YOU CAN DO IT TO! and frankly my friend it does not matter, what your education, social status, or position in life is, THE ONLY PREREQUISITE TO MAKE MY FORMULA WORK FOR YOU IS. . .THAT YOU HAVE TO WANT MORE MONEY THAN WHAT YOU HAVE NOW. It's Just as simple as that. You can be poor today and in three months from now you can have all the money and properties you want or need and most important of all you will have peace of mind and financial security for you and your family. My secret will change your life, and all you have to do is to put it to work for you.

THIS SECRET IS INCREDIBLY SIMPLE, anyone can use it and it takes practically no money to start. You don't need any special training or even a high school education. It does not matter how young or old you are and the beauty of it is that once, in motion it will work for you even when you are off vacationing somewhere. Let me tell you more about this fascinating money idea. WITH THIS SECRET THE MONEY WILL START ROLLING IN FAST, AND DEPENDING ON YOU, YOU MAY START CASHING IN ON IT OVERNIGHT. **If you can follow simple instructions you can get started in a single afternoon.**

WHY, YOU MAY ASK, AM I WILLING TO SHARE THIS SECRET WITH YOU? TO MAKE MONEY? Hardly. First I already have all the money and possessions I'll ever need, second I am not looking for anyone to compete with and third, nothing would be more satisfying to me than to find out that with my secret some one else was able to realize their dreams, with this Golden Opportunity and to get in on it quickly. **Besides, when I was flat broke and the world seemed to have come to an end I would have wished to have had some one share a secret like this with me.**

One of the best things about the whole idea is that you can do it at home in your spare time. You don't need equipment or an office. It does not matter where you live either. You can use this secret if you live in a big city or on a farm or somewhere in between. A GIRL ONLY 20 YEARS OLD USED MY SECRET AND HAS MADE OVER $60,000.00 IN JUST 90 DAYS, NOT TO MENTION THAT SHE HAS A NEW CAR AND A LINE OF CREDIT WITH HER BANK FOR $45,000.00.

You can use this secret no matter how old or how young you are. There is no physical labor involved and everything is so easy that all you need is to follow simple, easy, step by step instructions. I personally know a man that has made $100,000.00, was able to get a $150,000.00 interest free loan and $50,000.00 worth of insurance policy without paying a nickel for it, in just six months.

You will be able to raise $60,000.00 or more overnight for whatever you need to pay no interest on it. And best of all you can keep it for as long as you want.

With my money secrets, you never have to try to convince anyone of anything. My system has nothing to do with door-to-door sales, and telephone solicitation, some fancy real estate transaction or anything else that involves personal contact.

My secret is perfectly legal and honest. You will be proud of how you are making money, what you are doing and the valuable results.

It will take you about two hours to get the idea. After that everything is almost automatic. After you get started you will be able to maintain a steady pace and look for investments and perhaps even businesses to enhance your wealth.

PROOF

Are you skeptical? that simply shows your good business sense. Well here is proof from people who have put this amazing secret to use and have gotten all the money they ever desired, I am only using their initials for privacy. I have their testimonials in my files.

$19,000.00 in one month.

"All I can say is that your plan is great! In just one month I have seen more money go through my hands than ever before".

T.M., New York, NY.

$250,000.00 net worth in 120 days.

"I was able to raise over $500,000.00 in 120 days which gave me a net worth of just over $250,000.00".

M.L. Houston, TX

WHAT IS REQUIRED TO START? Nothing but my step by step detailed book. . .A person virtually without a shirt on their back could do it. You will of course have to put the plan into motion-but that is both fun and easy and totally accomplished from the comfort of your own home. (I must mention that, no one will come to your home).

Finally, let me make this clear. Once you have my book, THAT IS ALL YOU NEED TO GET GOING! I have nothing else to sell you, I got out of misery with it and if I did it so can you. "Your purchase of this extraordinary book is **NOT** a "foot in the door" to get you to buy some other expensive "course" or whatever. . .My book is all you need from me, and you'll be on your way.

As you can tell by now, I have come across something pretty good. I believe I have discovered the sweetest-big-money-making secret that you could ever imagine. ***And remember I guarantee it.***

Most of the time, it takes money to make big money. This is the exception. With this secret you can start in your spare time with almost nothing. But of course, you don't have to start small or stay small. You can go as fast as you want and as far as you wish. The size of the empire you can build is up to you. I can't guarantee how much you will make with this secret but I'll tell you this. "SO FAR THIS AMAZING MONEY PRODUCING SECRET MAKES THE PROFITS FROM MOST OTHER IDEAS LOOK LIKE PEANUTS".

Now that I have completed explaining my secret money making book, you can be on your way to a better life. ORDER YOUR COPY NOW.

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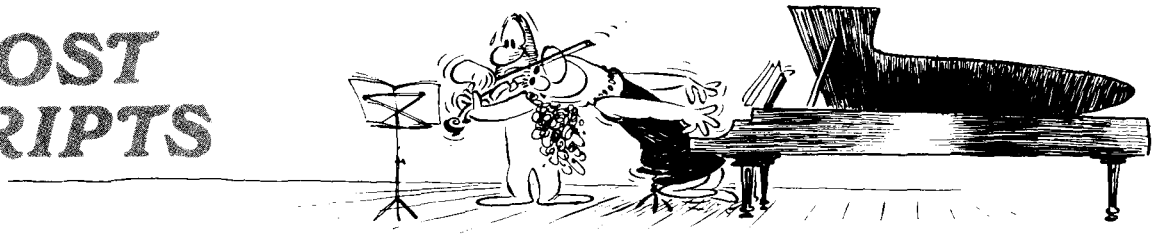

Hung Out to Dry

The guest of honor beamed anew
With every compliment uttered;
And by the time the night was through
He'd really been toasted and buttered.

—Frank Walsh

Coming from a Broken Home

"There's been a wave of housebreaking out our way," a man explained to his friend. "We think thieves entered our daughter's room. Of course, it's hard to tell—"

—B. Bader

Skipping the Beat

Entering a hospital room, a doctor was surprised to find his nurse holding the patient by both wrists. Thinking she was trying to take a pulse, he chided her for her unorthodox method.

"I'm not checking his pulse, Doctor," she replied through gritted teeth. "I'm checking his impulse."

—Dorothea Kent

Like Father, Like Son

A husband, arriving home one evening, found his wife distraught. "I've had a terrible day," she groaned. "The baby cut his first tooth, then he took his first step. Then he fell down and cut his lip on the tooth."

"What happened next?"

"Then he said his first word."

—Oliver E. Frazier

Unbearable Possibility

The big-game hunter fairly strutted as he showed off his trophies: "See that bearskin on the floor? I shot it in Alaska." He thumped his chest. "It was either him or me."

"Well," his guest meekly replied, "the bear does make a better-looking rug."

—Don Lindal

"It keeps good time and the computer works fine, but I think the picture tube is shot!"

What Does It All Mean?

Inheritance: Will-gotten gains
Grandfather's clock: Old timer
Food costs: Vittle statistics
Stock analyst: Finance seer
Income taxes: Capital punishment

—Trenda Leigh

The Beginning of the End

If I were you, my friend, which I'm not,
And haven't any wish to be,
But if I were, no matter what
Advice I gave to folks like me,
If I were eager to retain
Their friendship, this I wouldn't do:
Begin and end with that inane
"If I were you," if I were you.

—S.H. Dewhurst

The Bonus Baby

A notorious bore came up to a fellow club member and said he'd just been insulted. "I've just heard that someone in this club wants to offer me $50 to resign," he whined. "What should I do about it?"

The other gentleman patted the bore on the back and walked away. "Hold out for $100," he replied.

—Kris Lee

Just a Pinch

My new lifestyle in food and drink
Is nothing you can fault;
The grain I take your story with's
A substitute for salt.

—Ralph Shaffer

Haven't We Met Somewhere Before?

Remember the good old days when a girl's favorite line was "you won't respect me in the morning"? So you became a gentleman and married her and carried her over the threshold. She in turn took off her eyelashes, her eye shadow, her lipstick, her padded

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bra, her wig, and her girdle, and you both went to bed.

In the morning, you did respect her, all right. Trouble was, you just didn't recognize her.

—Kathryn Carrier

A Grand Slam

Alcohol: a beverage that makes you feel single and see double—and triples your chances of not hitting a home run.

—James Curnane

Piece of His Mind

Two men sitting down to eat found one large and one small portion of fish on the table. The first man was scolded by his companion for grabbing the large piece.

"If I'd reached the fish first, I'd have taken the smaller piece," the second man said.

"Well, what are you griping about?" the first man said between bites. "You got it, didn't you?"

—Bobbie Mae Cooley

Split of Opinion

"Stop grumbling about getting too much homework. Did you ever stop to think that at your age Lincoln was splitting rails?"

"Sure, dad, but at your age he was president."

—Rose Sands

Law & Disorder

A plaintiff's attorney was rudely interrogating a witness:

"What did you say your business was?"

"I'm a day laborer."

"A day laborer, eh?" the lawyer snarled. "And what would you consider your social status in this world as a day laborer?"

"I don't think it's very high, but I feel I'm doing better than my father before me."

"And what was your father?"

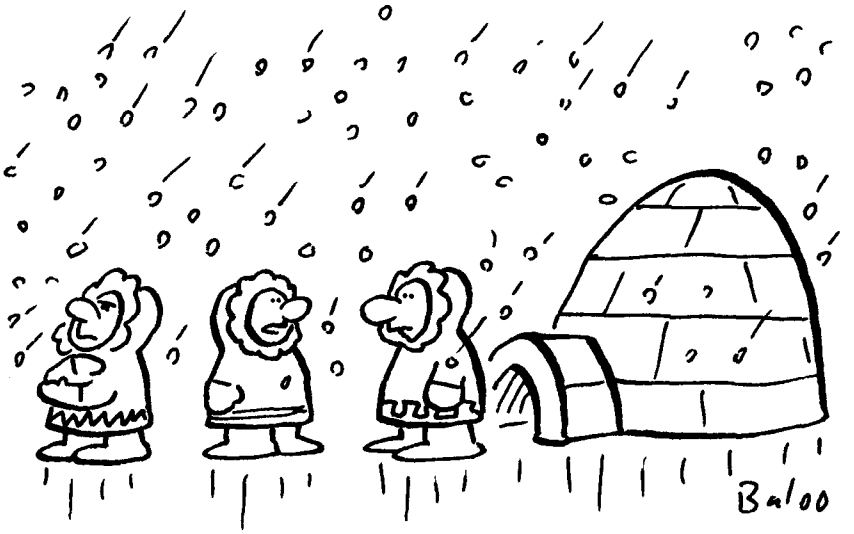
"He was a shyster lawyer."

—Mrs. A. Mayer

The Invisible Man

A.M.

"He's in a meeting."
"He hasn't come in yet."
"I expect him shortly."
"He phoned ahead that he's running late."
"He's been in but went out again."
"He's gone to lunch."



"Oognik has developed an interesting cosmology—he thinks we're all inside a gigantic paperweight."

P.M.

"He's still in conference."
"I expect him back any minute."
"He's somewhere in the building. His coat is here."
"He's gone for the day."

—James Curnane

2 Good 2 Be 4 Gotten

Never buy things that say "4 sale,"
Like cars and vans and such,
For anyone who spells that way
Is bound to ask "2 much."

—J.B. Ray

Learning the Letters

Mark was eager to assume his new responsibilities in the company. Bursting into the office of the man he was replacing, he found a very tired, unkempt individual behind the desk. They talked for some time before the retiring executive left.

"I've left three letters for you in the safe," the older man told the aspirant. "Should you find yourself in trouble, take out the top one and read it."

Things went well the first six months for Mark until he suddenly found himself in difficult straits. Remembering his predecessor's last words, Mark opened the safe and took out the first letter, which read, "Blame everything that's happened on actions taken by your predecessor." Mark did—and for another eight months the burden was lifted from his shoulders.

"Ask for more people, more money," the second letter read when it came time for Mark to examine it, adding, "You cannot be expected to do anything without the needed resources." Mark did—and for a year things improved.

Finally, the situation proved hopeless. Since his predecessor had helped him so well before, Mark took out the last letter in the safe and found this advice inside: "Write three letters."

—Deloris Selinsky

Reigning Cats and Doggerel

There's too much verse, for
goodness' sake
(For your sake, my sake, too),
About each pup and kitten
In every household zoo.

If up to me, I'd pass a law
To end pet poetry,
But every time I write a line,
My kitten purrs at me.

—Charles Ghigna

Chickened Out

A rooster chased a hen around the barnyard while the farmer and his wife sat and watched. The wife threw some corn into the yard and went back into the house.

The hen hopped over the corn and kept running. The rooster screeched to a halt and began eating.

The farmer shook his head. "Lord," he muttered, "NEVER let me get that hungry."

—K.W. Kenney

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The Countess and the Devil

No torture could make her reveal to the evil Bellême the location of the Averney Treasure.

By Henry John Colyton

Illustrated by Donald Teague

Conclusion: The crowd shoved Mathilde along past cattle and sheep pens, past the bishop's steward and his clerks, all busy and flustered, past rickety booths piled with cheap cloth and gimcracks.

Suddenly somebody sneezed thunderously. She looked up and saw the Devil's man-at-arms, Sim, wiping his inflamed nose on his sleeve not an arm's length away, and, beside him, Gilles, holding his horse securely by the bit and staring over the crowd.

She turned and wormed herself and the interested earl into the crowd around the nearest booth. She forgot that they had not seen her last night; she only wanted to dive out of sight.

Far away, she heard the salesman bawling his wares at the customers, bashful but eager, crowding up to the booth. "Here you are, here you are, girls! Here's your London fashions, exactly as worn by good Queen Maude!"

Mathilde gave before somebody's elbow and clutched at the counter to save herself. The salesman's eye fell on her at once.

"Here, dearie! Just your style—a coif from London! Slip off your hood and try it! . . . Look, ladies! See it on the little lady here!"

She stood numb and helpless while the salesman wound folds of bright blue stuff around her head. She dared not protest; her foreign accent would draw notice.

"There, face about and show 'em, dearie!" He thrust her around and the crowding red faces swarmed before her eyes. "That's the London fashion this moment, ladies—close and tight around the head, and the band to hold it! There you are! And only thrippence! I've got 'em in purple and green and red, and black for the serious!"

Mathilde hastily drew the knotted kerchief that was her purse from her waistband. She thrust a thrippence at him as the crowd surged forward, and the gratified salesman began harvesting. She wormed her way out of the press and saw, just beyond, the gray bulk of Saint Milburgh's church. She felt the bright blue coif attracting eyes like a blazing beacon and met the interested, if bleary, stare of Sim, the man-at-arms. He prodded his mate and pointed. She clutched the earl tightly and tore through the crowd like a crossbow bolt and into the dark and odorous sanctuary of Saint Milburgh's church.

Outside the church once again, she waited, clutching now only her bundle of food. She felt oddly calm. It was as if Saint Milburgh herself had taken charge, instead of the harried and excited little priest. At last she saw the two men, looking baffled, follow her out of the church. Gilles carried a portly silver candlestick, and that was all. She waited until Sim caught sight of her blue coif. Then she started to run. The Devil had ordered them to find her; they would not dare disobey. But they had not found the earl! And now she would draw them away from his hiding place.

• • •

". . . so I says to Gilles, messire, I says, 'Her hands is pretty white for a farm wench,' I says. So we chased her into the church and out again."

continued on following page

"Try to remember, madame. A shame to spoil so lovely an arm."

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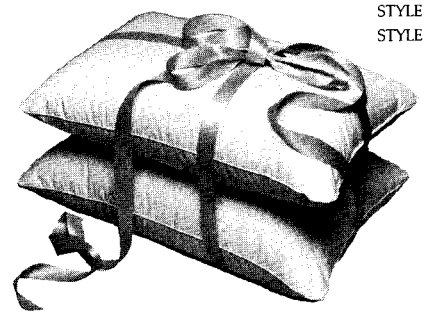

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Mathilde's old smock had been torn from her shoulders; she was cold. The great hall of Bridgnorth Castle rose high above her dizzy head, and the excited yells and the constant clang of metal echoed against the vault. She shook back her hair defiantly and regretted it; she had used her nails rather freely on Devil Robert's master of horse, and he, a lad who believed that women should not be allowed to get by with everything, had hit her a tremendous whack over the ear. At which, Robert of Bellême, sprawling in his great chair of state on the high dais, had laughed gently.

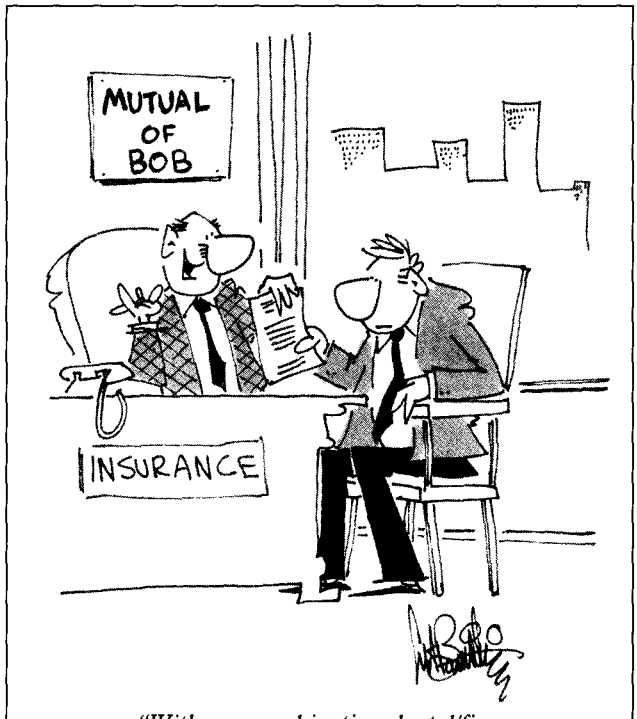
He spoke now to the man-at-arms: "Well done, Sim, and bravely, too—to have fetched her so far without losing your own hides! That candlestick I'll have. Take these for yourselves." He flung two bright coins . . . . "Madame, you interest me. You may interest me still more, presently."

Mathilde stared at him. She had seen him only once before, and despite the fact that she did not think much of any man but her father, she had been impressed. His calm good looks, his tall, well-proportioned figure, his polite manners made it hard to realize that he was her homely husband's cousin. They said that he roasted humble captives over slow fires for his amusement, that his dungeons were full of the slimed bones of forgotten captives, that he had been known to put men of noble blood to torture. But she could not believe those tales then; she had contrasted him favorably with her own surly lord. Now, looking into his eyes, she felt an icy horror; the old incredulity was frozen by it. But the ice seemed to stiffen her spine. She met his cold stare with a stare as cold. *All I must do,* she told herself, *is keep my mouth shut.*

The lord of Bellême rose, and the flaring torchlight glinted on his mail hauberk and the long, crimson mantle that set off his good looks. "You must forgive me that I remained seated in your presence, madame. Those remarkable garments do not hide your beauty, not at all."

"Messire!" she shouted, blushing hotly, and clutched the smock rags across her breast.

"You are the daughter of the Count of Dortaine," he went on in his softly polite tones. "I shall see that you are set safely on your way back to him—after you have given me the information I want. I am master of Averney; in a short time I shall be master of England. Robert of Normandy is a fat fool; I used him for my own benefit. But, my dear"—he smiled gently—"I need the Averney Treasure. I searched the castle ruins personally but found nothing. Just where is it?"



"With our combination dental/fire-insurance policy, if your teeth ever go up in flames, you're set for life!"

So that was it. Mathilde braced her shaking knees. "I think it was moved, messire," she said. "I'm afraid I can't say where it is now."

"Too bad." He shook his head deprecatingly. "Let me stimulate your wits a trifle."

He rose up suddenly, tall and terrible, and took her right arm between his hands. She drew a hard breath. Suddenly she thought of her husband. However annoying he had been, he had died bravely, defending the domain that was his and his son's. She could not do less.

"Oh, messire!" she cried to his wandering ghost. "Help me—help me!"

The angry color died from her face as Devil Robert twisted, leaving it waxen white. Her eyes grew bigger and darker. She swayed slightly, but she still stared up into the cold gray eyes.

"Try to remember, madame. A shame to spoil so lovely an arm."

She gulped hard to ease her dry throat; otherwise, when she spoke, she might scream. But her voice came at last, soft and firm as his own, "My memory is so poor, messire."

He glanced at her, released his clutch, and chafed his reddened palms. Her arm fell helpless at her side, her knees gave, and darkness swarmed over her. When she came back to consciousness and agony, she lay huddled in the carved chair, and Bellême was bending over her. Beyond him she could see hard, curious faces crowding closer.

"Amazing, what stubbornness you delicate little things have. If I'm overrough you may die, and where will the treasure be then? No, no. Let me try something else. How would you like to see the earl's eyes torn from his head? I hold him prisoner, you know."

Mathilde's bitten lip curled in scorn. "That's a big lie," she said. "I know better."

"Dear countess, the vaults of Shrewsbury Castle are quite secure. I hold the earl there. And I have no scruples about employing my chief tormentor on a male, of whatever noble birth. I say I will have his eyes gouged out and flung at your feet!"

Mathilde actually grinned. "Not until you catch him," she said. "And you won't. Don't talk nonsense, my lord."

Devil Robert stared in ominous silence. Then he said, "Can it be that the Lady of Averney has no affection in her heart? Surely the earl's fate moves you?"

"Of course it does!" she flung back, tears welling into her eyes. "And that's why you haven't got him now! You're going to tear me to pieces, I have no doubt, but the earl is safe, and so is the Averney Treasure, and I know where they both are,

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and," she added rudely, being tired and in most cruel pain, "you can go to hell, messire!"

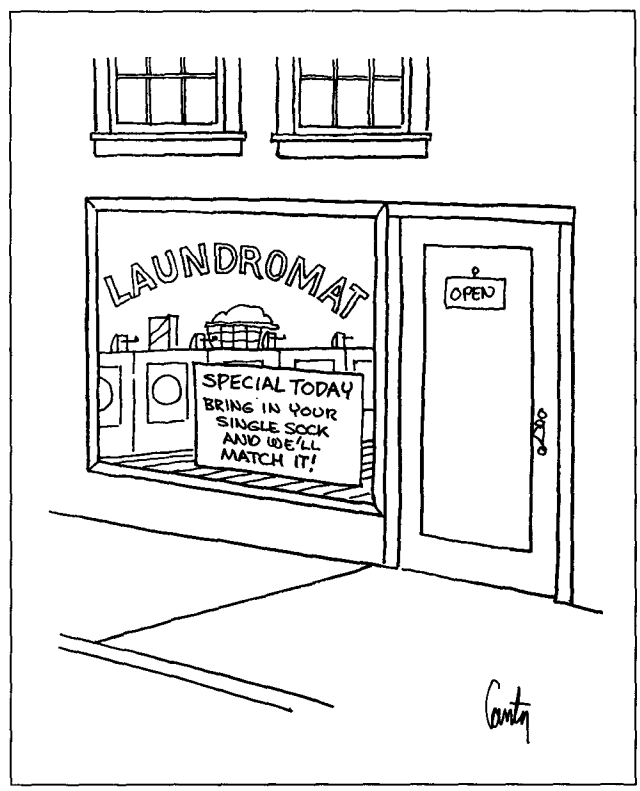
He hit her in the face. His followers jumped and retreated, for the Devil of Bellême almost never showed temper. Mathilde watched the terror rising in their faces with dim satisfaction. She heard voices expostulating, protesting, very far away, echoing against the vault. The agony in her arm made her whole body throb. *Now he'll kill me . . . . Be a good boy, darling, don't cry, don't get sick . . . . That was a big lie . . . . They might ravage the altar, but they'd never look inside the pulpit . . . . Tie up a little bread in a rag, and dip it in milk.* Her head fell back, her long yellow hair kissed the dais, and her last conscious thought was of her dead lord. *Did I behave well, messire? Are you pleased with me at last? You did help me—I felt you near me—it was kind of you. I'll be joining you soon, you know. I—I really think I'll be glad to see you.*

The master of horse cut in rudely on his lord's meditations. His scratched face was sickly pale. "If you ask me, messire, the King has stolen a march on us—God knows how! And he must have taken Shrewsbury Castle! She's mighty sure of herself, so the word must be out everywhere but here! I think we'd better hustle to Bristol and take ship for France."

Robert of Bellême stared at the limp form in his chair. "No, I'll see for myself what goes on at Shrewsbury. Have the castellan lock her up in the dungeon. I'll get the treasure out of her later. I'll have no damned woman's tricks spoiling my plans."

The next dawn, Bellême hurried away with his depleted forces. The next afternoon, a noisy army of mixed English and Normans was hammering at Bridgnorth gate. The castellan took one look at them, at the royal banner snapping in the wind, and prudently resigned the fortress. Its dungeon spewed up a score of blinking, half-idiotic prisoners who bore the trademarks of Bellême's chief tormentor. But one of them, a young woman, feverish and in rags, her right arm cruelly wrenched and bruised, was clamoring to see King Henry and would accept no substitute.

Ten days later, the Dowager Countess of Averney swept into the great hall of Shrewsbury Castle. A slender man in a gown of rich crimson, the dark hair retreating from his high forehead, rose up from the chair of state and bowed to her, and so did the large force of noble gentlemen surrounding him and staring. Mathilde, conscious of her borrowed gown,



hastily reefed in at the sides by her faithful old waiting woman, Dame Emma, sank into a deep reverence, and the King's eyes, bright as a stallion's, traveled over her.

"I have brought my son, Earl William of Averney, messire, to do homage to you as your vassal. Will you accept his wardship?"

Behind her, she heard the earl making small noises in the arms of Dame Emma. Surely he wouldn't set up a howl now! At her gesture, the old lady presented the earl to the King, who stared and smoothed away a grin.

"The undoubted son of Earl Richard," he remarked. "If he resembles his mother as well in spirit, we could have no truer vassal. None the worse for his stay at Saint Milburgh's?"

"Oh, no," Mathilde smiled shyly. "Father Hugo took good care of him. I am very grateful to him—and to you, messire, for arriving at Bridgnorth when you did. Things were a bit . . . difficult."

"But before we speak of wardship," the King went on, "it will be necessary for you to interview a gentleman now waiting in the small retiring chamber to your right. The chamberlain will show you."

Puzzled and rather worried, Mathilde followed the grizzled, smiling officer. He drew aside a curtain before an arched doorway. "This way, madame. The gentlewoman is to wait outside until summoned." He pointed to a bench. Dame Emma deposited herself on it with a sniff, jealously clutching the earl, and Mathilde went inside.

She saw a small room dimly lighted by a high, narrow window. On the stone hearth a fire glowed, and near it sat a man in a high-backed chair, slouched against cushions. An elderly, foreign-looking man in a fur-bordered gown, who was speaking to him, bowed when he saw Mathilde and hurried from the room.

The man in the chair turned toward her, and Mathilde's breath died in her throat. His neatly brushed red hair was streaked with gray, his temples and cheeks deep-hollowed, his great nose pinched and waxen, and new lines deeply graved between his dark brows and around his hard-set mouth.

"Y-you're not d-dead," she stammered foolishly.

Richard, Earl of Averney, inclined his head. "No. Are you all right? Understood you'd been sick."

She came closer. He did not rise or move at all.

"I—I don't understand," she whispered.

"Sit down and I'll tell you. There's a stool." How polite he was! She sank down helplessly.

"I've been here over a month, ever since they started stripping the bodies after the fight and found I wasn't dead. Only I've been belowstairs.

continued on page 80

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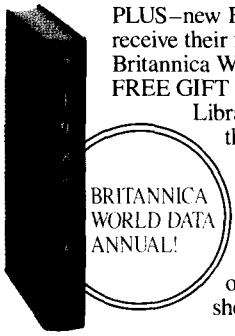

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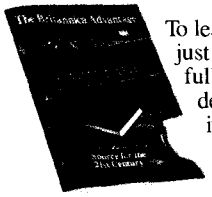

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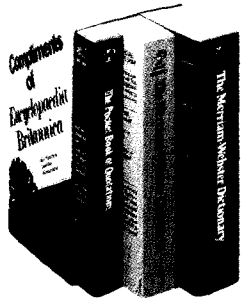

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The Mission

All who met this strange child were changed by her. It was as though she were a special messenger. . . .

by Hugh B. Cave

Illustrated by Peter Stevens

The child's feet were bare and dusty. In Haiti, between rains, the country roads are always dusty. She wore only a faded, blue denim dress and inexpensive hoop earrings, which she was proudly certain were made of gold. Manfully she marched along the road's edge under the pulsing midday sun, chewing on sugar cane to quiet the ache in her stomach.

Her name was Marie Thérèse Yolande St. Juste, and she called herself Yolande. Her face was a cherub's face with bright brown eyes, soft, trembling lips, and a great deal of sadness. She was six years old.

In a ditch beside the road two women from a nearby village slapped away at their family wash with flat wooden paddles, creating a rhythmic clatter that carried far in the noon stillness. They were hot and tired. Their talk was querulous.

"Watch what you're doing, can't you? You're splashing dirt on my clean clothes. I think you're doing it on purpose. Yes, I'm sure you are!"

"I am not doing it on purpose. If you're foolish enough to put your things where they'll get splashed, don't blame me for it. Blame yourself!"

"I don't know why I allowed you to come with me!"

"I didn't come with you; you came with me. And I'm sorry you did!"

Yolande halted and looked down at them. "Hello," she said. Her voice was a song—a sad one, true, but still a song.

One of the women sullenly looked up, flipping soap from long black fingers. "Hello, yourself. What do you want?"

"I don't want anything, thank you. Just—would you tell me if this is the road to Port-au-Prince, please?"

"The road to where?"

"Port-au-Prince. You know, the capital."

"*Mes amis!*" the woman exclaimed in wonder and thrust out a bare foot to nudge her companion. "Did you hear that? The child wants to know if this is the road to the capital!"

Her companion stopped work and frowned at Yolande. "You are thinking of going to the capital, *ti-fi*?"

"I have to. My papa lives there and I have to find him. *Maman* died yesterday."

"Oh-oh. Where do you live?"

"Nowhere now. I did live in Aquin. *Maman* kept house for some people there."

"Well, little one, you have come 16 miles and have 75 more to go."

"That far?"

"That far, yes."

"I'd better hurry then," Yolande said and put her dusty feet in motion again. Then, remembering her manners, she turned her head. "Thank you very much."

The women watched her go down the road, then looked at each other in silence and returned to their washing.

As the paddles flew, a gob of soap sailed through the air and splashed against a dress spread out to dry.

"Oh-oh, that was clumsy of me," the culprit said. "I shouldn't have let that happen, no. I'll wash it over for you."

"A little soap won't break a friendship," the other replied. "Get on with your work so we can walk home together."

Darkness falls about six o'clock in Haiti the year round, a soft, warm darkness that frightens only those people who believe in werewolves and certain malevolent voodoo mysteries. Yolande was not afraid. When her shadow grew long on the road she looked for a place to sleep. Soon after she was settled in the deep grass by the roadside, a man with a lantern came along and discovered her.

"Oh-oh," he said. "What are you doing here, child?"

"Sleeping," she told him, sitting up with a frown. "It's all right to sleep here, isn't it?"

"Who are you?"

She told him who she was, and he

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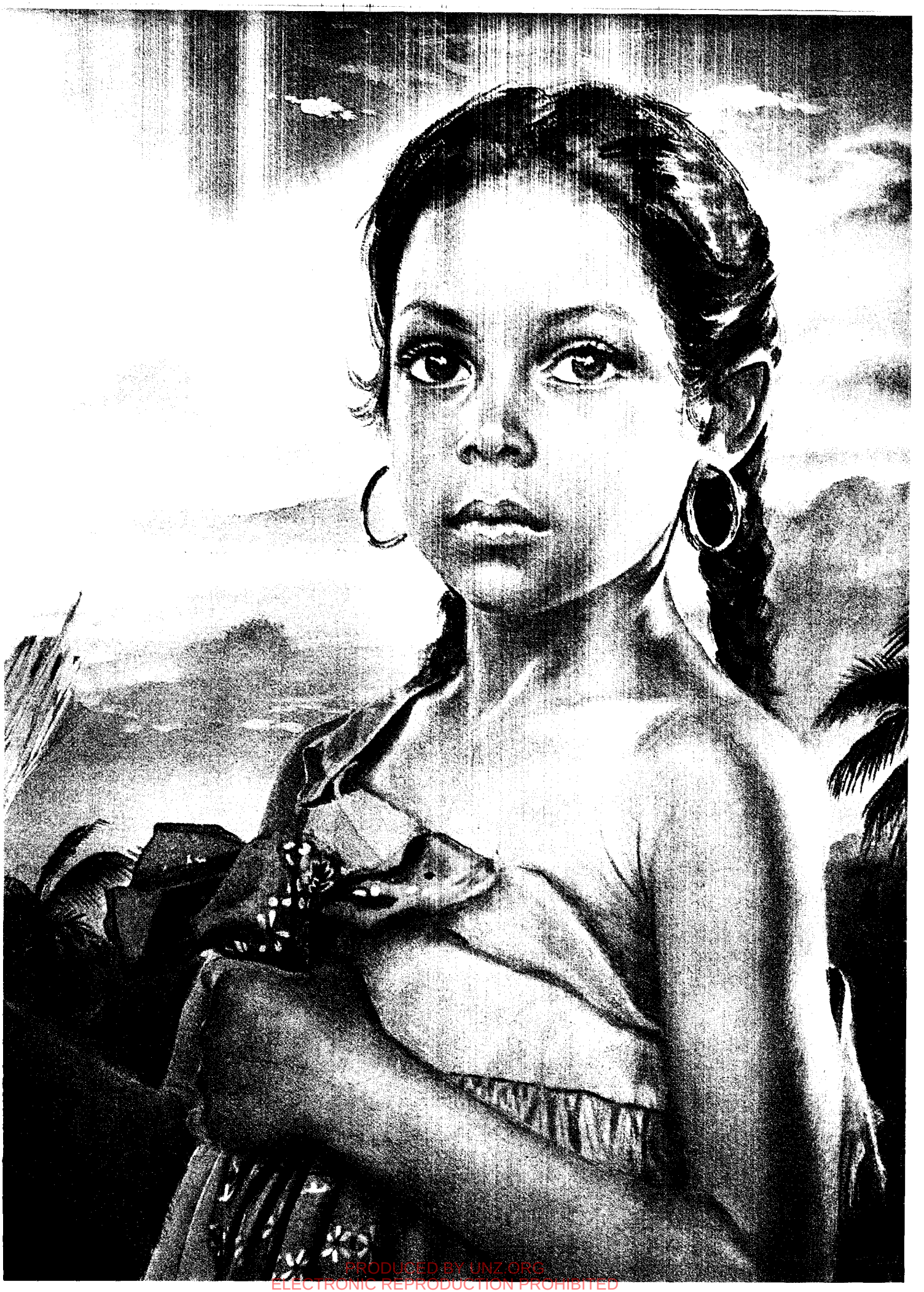

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came closer to peer into her face. "Have you eaten today?" he asked.

"Oh, yes, thank you. A lady gave me some peanut candy, and I found some mangoes."

"That isn't much for a little girl who has walked all day," he said. "Would you like to come home with me and have supper?"

Yolande hesitated, then stood up. "Yes, I would."

"First I have to find my children." He had two children, he explained. They had left the house an hour ago to get water. He was annoyed with them. "Why is it," he sighed, "that children always—"

Voices could be heard on the dark road coming toward them. The children were quarreling. The girl, it seemed, had splashed the boy, and the boy had pushed her into the stream. Their voices were shrill, and the man groaned when he heard them.

At sight of him the children halted. The girl was a year or two older than Yolande and the boy about 12. Both were wet and dirty.

"I have been looking for you," the man said.

The children began talking again, both at once.

"Wait! Wait!" the man said. "Must you always make my head ache?"

They were silent, peering curiously at Yolande.

"That's better," the man said wearily. "Now let's go home."

Yolande said, "Please, could I go to the stream first? If it is not too far?"

The man looked at her and rubbed his nose. His mouth shaped the word "Why?" but left it unspoken. "All right," he said, "I'll show you."

The stream ran under the road, and he showed her a path leading down to it, then stood at the edge of the road holding the lantern high so she could find her way. Yolande descended to the water, took off her dress, and stepped in. She washed her legs, her arms, her cherub's face, her small dark body, then sloshed the dress up and down in a pool and put it back on, shivering as the wet cloth clung to her.

The man and his children watched her in silence.

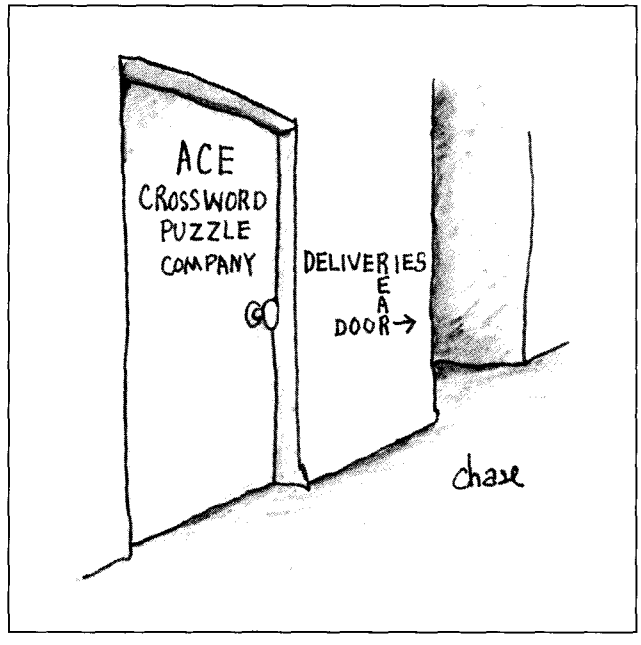
"Thank you," she said when she had climbed back up to the road. "I feel better now. I won't get your house dirty."

The house was thatch-roofed, with no more than the usual few sticks of homemade furniture. "This is Yolande St. Juste," the man said to his wife. "She will eat with us."

His wife put her hands on her hips the way the market women do when they are preparing to argue. "Are we suddenly rich?" she demanded.

"The little girl has walked all the way from Aquin. She is tired and hungry."

"Whatever you say. You earn the money, what little there is of it."



There was a table in the room, set for four. The woman slapped a fifth plate down and snapped at her son to bring an extra chair. On the table she put a platter of red beans and boiled plantains, some slabs of cassava bread, and a dish of hard red jelly made from guavas. All this was accomplished with a great deal of angry muttering, while the man gazed at her in silence. The man motioned his family to be seated.

Yolande, sliding onto her chair, folded her hands over her plate and closed her eyes. The others looked at her curiously. The woman said, "Now what does she think she's doing—if I may ask."

"I believe she is thanking God for the food," the man said. "Is that what you are doing, Yolande?"

"Yes."

"A lot we've got to be thankful for!" the woman said.

Yolande looked at her in surprise.

The meal was eaten in silence except when the boy and girl fought over the last slab of cassava bread. The man did not stop them; he only gazed at them thoughtfully and then glanced at Yolande, who sat beside him.

When Yolande slid from her chair and said, "May I wash the dishes?" he did not hear her, and she had to say it again. He nodded.

She washed the dishes and dried them. "Thank you very much," she said then. "I'd better go now."

"Would you like to stay here tonight?" the man asked.

"No, thank you. I'd be in the way."

"Tell me something," the man said. "Do you really think you can walk all the way to the capital on those two small feet?"

"Of course. I only have to keep on walking, don't I?"

"Very well, Yolande. Good night and thank you."

"Why do you thank me? What have I done?"

"For me, a great deal," the man said, and when Yolande had gone out of the house and down the road, and he had watched her out of sight, he shut the door and faced his own two children. They were just about to quarrel over a chair that both wanted to sit on, but at sight of the expression on his face they desisted. It was an expression they were not familiar with. It puzzled them.

"Take a lantern," the man said, "and go to the river and wash yourselves. You're dirty. Come straight back without fighting or you'll regret it. Don't tell me it's dark outside and you're afraid. That little girl isn't afraid. Furthermore—no, the rest can wait till tomorrow. Go!"

The children peered fearfully out the door, but when they turned their heads in hope of a reprieve, the man was standing by the table with his arms folded, gazing at them with the same expression. They looked at each other, trembling. The girl whimpered. The boy caught hold of her hand. They went out together.

The man turned to his wife. "Celeste."

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She, too, was puzzled by the change in him. She came and stood before him, gazing up into his face.

"Have you ever been hungry?" he asked. "Or alone, with no one to look after you?"

"Well, no," she said. "You've always looked after me, Antoine. The best you can, anyway."

"The best I can, yes, Celeste, and a man's best is a big thing. I'll thank you from now on to stop nagging me and give me a little help when I need it. Do that and before long we won't be so poor. You heard what that little girl said: To get to Port-au-Prince one only has to keep on walking."

"Yes, Antoine."

"One step at a time and you get there, wherever it is you're going. But a man's wife should not keep knocking him down."

"Yes, Antoine."

"Well?"

"Antoine, you're right, yes, and I'm sorry." The woman bit her lip and reached for his hands. "Go after her, Antoine! Bring her back!"

But Yolande was not sleeping beside the road, and Antoine could not find her. Now that she had eaten she was not tired any more. She had decided to walk a few more miles before resting.

She walked until her legs ached, then slept by the road until voices awakened her. It was still dark, but there was a streak of silver over the mountains, heralding the false dawn, and down the road came a string of lights. She knew what they were: They were lamps carried by country women on their way to market somewhere. She stood up and brushed the dirt from her dress.

The women stopped. There were seven of them. They gathered around her and asked questions, then looked at one another and shook their heads. One, younger than the others, took Yolande by the hand.

"We're going as far as St. Michel," she said. "Walk along with us. If I get a fair price for my vegetables, I'll buy you some bread for your journey."

Emile Hector was a St. Michel merchant, 71 years old: a bent-over man with a wart on his nose. His shop was a big one for a village that size. On one side he sold charcoal, hardware, cotton cloth, and feed bags for making work dresses, and on the other, red beans and rice, canned goods from the capital, and fresh vegetables. He was a shrewd man and, for St. Michel, a wealthy one.

He was weighing red beans into paper bags, making sure that each bag contained just a little less than the pound he would claim it contained, when Yolande and her new friend entered his shop. The young country woman lifted her basket of produce from her head and placed it on the counter.

"O.K., last question: How many of you consider yourselves full-blown 'fraidy cats?"

"I have some potatoes and yams here that I wish to sell. Also some carrots and turnips."

"I have all of those things I need," Emile said with a shrug.

The woman looked around the shop. "Have you, yes? I don't see any."

"Nevertheless, I have them. I don't need any more."

"Very well." She reached for her basket.

"But I will look at what you have, if you want me to," Emile said.

The woman emptied her basket in silence, arranging its contents on the counter, then stepped back, folded her arms, and waited.

"H'm-m," Emile said. "Well, I don't need anything, as I have told you, but I can give you eighty cents. That's certainly generous of me. The town is full of fresh vegetables this morning."

"A dollar-sixty," the woman said. "These are the first carrots and potatoes from my district in over a week." But she spoke with a sigh. If Emile said eighty cents, the most she could hope for was one dollar, and it would take half an hour of argument to get that. The vegetables were worth twice that amount.

She worked him up to a dollar and, when he paid her, slapped some money on the counter. "Give the little girl some bananas and bread," she said.

Emile glanced shrewdly at Yolande. He placed three small bread rolls and four small overripe bananas on the counter and dropped the coin into a cigar box. The woman took in a breath and glared at him.

"What? Is that all, for ten cents?"

"Bananas are scarce and expensive today," Emile said calmly.

"Who says they are scarce? You're a thief, that's what you are! Just a common thief, yes!"

"Believe me, I am being very generous."

The woman argued. She hit the counter with her fist and screamed insults at him. It did no good. Emile only shrugged. The woman at last turned to Yolande, sadly shaking her head.

"It is the best I can do, *ti-fi*," she said. "You see for yourself what kind of man we are dealing with. Take what the heartless thief gives you, and may God keep you safe on your journey."

Yolande shook her head. "Thank you, but it wouldn't be right. He's cheating you."

"I know he's cheating me! Does he ever do anything else?"

"I don't need anything, really." Yolande looked across the counter at Emile Hector, and her head was just a little higher than the counter top, and her face was an indictment. "Please give back the money, *m'sieu*," she said. "I'm not hungry." Then she turned to the woman and held out her hand. "Thank you very much," she said. "I'll go now. Good-by." And

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HELPING DOLLARS MAKE SENSE

Venita VanCaspel's knack for numbers has boosted her from Oklahoma's dust bowl to the rarefied air of Houston's financial community.

by Holly G. Miller

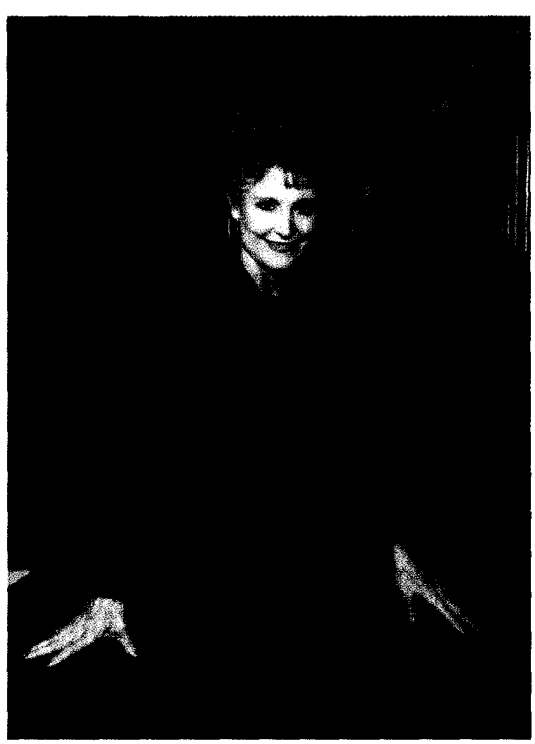
The financial planner Venita VanCaspel likes making money—especially for other people. The sport of taking one dollar and turning it into two, and taking two and turning them into four, has dominated her life for 25 years. Now a veteran of the game, she enjoys coaching others in the nuances of its rules. When she's not advising clients, she's leading investment seminars; when she's not hosting PBS's "The MoneyMakers," she's writing another best seller on personal finance; when she's not editing her national *Money Dynamics Letter,* she's keynoting a conference of Fortune 500 companies; when she's not minding her Houston brokerage firm, she's overseeing her Wealth Management company.

A "master" of finance, VanCaspel defies stereotypes, particularly those poking fun at women's mismanagement of money. She prefers making bucks to spending them and claims a genuine distaste for women's alleged national pastime—shopping. In a world of pin stripes and wing tips, she's high heels and Ultrasuede. Her voice is soft but her words have clout. If her feminine image attracts attention, her professional savvy keeps it. Her success didn't come early or easily—she's worked for it, and she still does. "There are times I think I'd like to sit in a big, fat chair and eat chocolate-chip cookies and read romantic novels," she says, laughing. "But I've never gotten around to it. As a matter of fact, I think it would be nice to be bored for a change."

Popping cookies and consuming novels aren't VanCaspel's style, however. Chosen "Certified Financial Planner of the Year" by the Institute of Certified Financial Planners in 1982 and ranked as the No. 1 financial planner by 2,400 of her peers, she's always been goal oriented. "I think 'necessity oriented' is more like it," she corrects the interviewer. "I had a lot of jobs when I was growing up in Oklahoma. As a little girl I sold cosmetics and candy in a dime store, then I picked cotton and peanuts to make ends meet. Since we didn't have any money, I was sort of intrigued by how you get it and what you do with it once you have it. After I graduated from high school I had to go to work, but when I saved enough, I went to college and studied economics and finance."

VanCaspel was often the only female in her upper-level courses at Duke University and later at the University of Colorado, where she graduated Phi Beta Kappa. She recalls her professors as being fair, although her classmates sometimes viewed her as a novelty. "They didn't treat me differently," she says, "but if they had any clubs or professional organizations, I always had to be the secretary because I was female."

VanCaspel's mind wasn't set on a career, especially after she met and married a fellow student. She worked as an executive secretary while her husband settled into an advertising sales position in Houston and then in Dallas. Tragedy struck one evening when she went to the airport to meet his plane and learned that the flight, with more than 90 passengers aboard, had crashed. There were no survivors.



VanCaspel often wondered as a girl what she'd do with money if she ever had any; now she's advising clients on what to do with theirs.

After the initial shock, Venita agonized over what to do with the rest of her life. "I had a degree in economics and finance, but I had not been taught what to do with money," she explains. "When I received an insurance check —and it was not a lot—I realized I didn't know what to do with it. So I went back to school and studied investments."

During this postgraduate study, VanCaspel read some alarming statistics that influenced her for life. She learned that only 2 percent of people over 65 were financially independent, 23 percent had to continue working, and 75 percent were dependent on friends, charity, or relatives. "I thought, *This is a tragedy and I know the answer. That's what I'll do with my life. I'll help people become financially independent.* It sounds easy today, but if you were a female in Houston, Texas, in 1961, it was not very easy. I had to become a stockbroker

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to do it, and I couldn't get any firm to hire me, because I was a woman. One place told me they tried a woman once and it didn't work!" she says.

Back to the books. VanCaspel read the rules of the New York Stock Exchange and found the only requirements for becoming a broker were to work for a member firm for six months and then to pass a test. Nowhere did the rules state what kind of work you had to do for the member firm, so she accepted a job as a clerk and enrolled in a correspondence course with the New York Institute of Finance.

Six months later she passed the necessary exam. Then the brokerage firm had a real problem: What should be done with this upstart? "The manager called me into the office and said, 'I think we'll throw you into the water and see if you can swim.' What that means is, 'We carry the men on a draw for a year, and we're not going to give you anything.' They pointed me toward a corner near the board that goes clickety-clack and said, 'There's your desk. If you need anything, ask us.' That was my training program," she recalls.

VanCaspel had achieved her goal. Sort of. She was a broker, yes, but she had no clients. Again, she went back to the books, this time studying a manual on how to contact prospective clients by phone. After a few hours of "cold calls" and lukewarm responses, she decided she was too sensitive for this approach. Next she thought of scheduling investment seminars and inviting people to attend. There was just one drawback: "I didn't have any speaking experience," she admits. "So I got a list of all the women's clubs in Houston and prepared a letter for my boss to sign offering me as a speaker. I must have been terrible at first, but I practiced on the women of Houston and learned to speak by talking to them."

VanCaspel underestimates herself. Before long, the conference room at the brokerage house couldn't contain her crowds. A local department store offered its auditorium in exchange for the traffic her workshops generated. When a scheduling conflict at the store forced her to move her seminar to a large hotel, she was amazed that the audience doubled in size. She had always assumed the store had been the draw.

VanCaspel's sex—a professional liability up until then—suddenly became an asset. Word got around that a certain Houston brokerage firm employed a knowledgeable woman who could strip the mystique from high finance. "I remember in 1964 a group was hosting a convention in Chicago and needed a speaker. They called my boss and said, 'We understand you have a woman stockbroker. Can she make a speech?' He said, 'Oh sure,' even though he had never heard me. When I got to Chicago the convention room was very dark. I asked the management to light up the stage. Then I got the person who was going to introduce me to tell everyone to move to the front. I started to give my talk—I had practiced a lot—and things really clicked. People in the lobby could hear it over the speakers, and they began coming in. At the end of the session, the audience was invited to stay and ask questions. There was a standing ovation, and a crush of people moved toward me," she says.

Practicing what she preaches about saving time, VanCaspel directs investment seminars between writing books about money and minding her own brokerage firm.

As large as VanCaspel's public grew, it was still limited by the size of the meeting rooms and all the time she had to devote to the seminars. She decided to go back to the books. . . only this time writing, not reading, them. *Money Dynamics* came first, followed by *The New Money Dynamics, Money Dynamics for the 1980s, The Power of Money Dynamics,* and *Money Dynamics for the New Economy*. Combined, they have sold more than a million copies in hardback, and the most recent, *Money Dynamics for the New Economy*, is currently the best-selling money book on the market.

Although the advice VanCaspel gives via workshops and books varies according to the state of the economy, her goal has remained constant. She believes all people can become financially independent if they have the ability to earn, the discipline to save, sufficient time, and reasonable intelligence. "Money won't bring you happiness, but neither will poverty," she says. "Money brings options to your life that you won't otherwise have. No person is free until he is financially independent. He will be an economic slave, and slavery is not becoming to anyone. That's why it's so important to handle your money properly."

Time must also be carefully budgeted, but Venita claims no particular talent for managing hers. She admits she requires eight hours of sleep a night but wishes she could get by on half. Her work load, which has expanded with her success, currently includes a monthly newsletter to keep readers up-to-date between books, another season as moderator of

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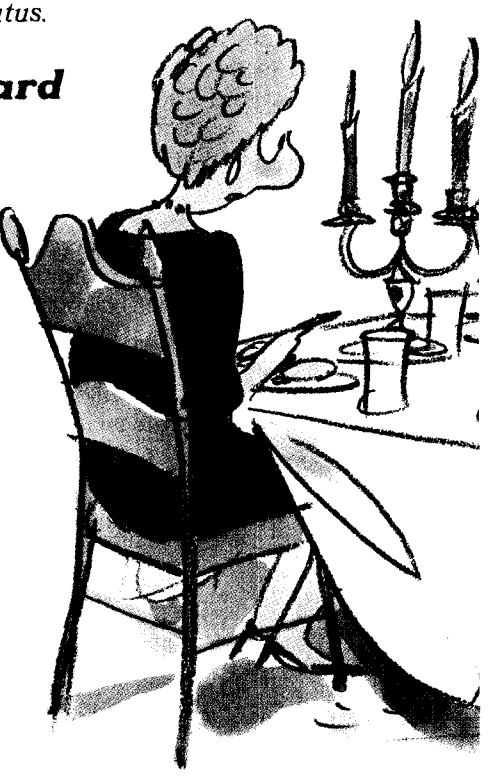
OUR DOG WON'T RETIRE

A dog of 70 human years should, like his so-called master, begin to slow down—but not Brutus.

by Maynard Good Stoddard

Ilustrated by Don Trawin



"All of the dogs who live in America have had their work taken away," a leading obedience trainer says. "They no longer herd. They don't pull sleds. They are unemployed."

That being the case, certainly a dog 10 years of age (supposedly equivalent to 70 human years) should be all the more content to hang up his collar and call it quits. Time he began bringing his so-called master his slippers instead of running off with the man's shoe and burying it under the lilac bush. Time he spent his declining years lying at his master's feet and dreaming of that flirtatious Chihuahua that lived next door to our apartment in Indianapolis. Or perhaps those exciting winter mornings when he would close the front door on old lord and master, outside in his pajamas to pick up the *Indianapolis Star*. Time, at least, he gave lord and master a few minutes to meditate on the well-formed blonde who owned the Chihuahua next door.

Giving Brutus the benefit of the doubt, we may have to take some of the blame for moving from that apartment to these 13 hilltop "achers" at Freedom, Indiana. After years of confinement, Brutus seemingly can't do enough to show his appreciation for being sprung.

Thanks to his industrious digging in the garden for moles, he has relieved me of much of the drudgery of hoeing—he digs up plants, roots and all. By electing to take his siestas in the cool of the flower beds, he has equally relieved Lois—there isn't much she can do for a flat flower. Mulching the lawn with organic matter, which includes cow skulls, chicken carcasses, and choice bits from the trash burner, is another duty Brutus has accepted without prompting. And then there's the way he protects our home from strangers by planting both feet on their shoulders and trying to slobber them to death.

Foolishly, we had thought our mornings of heaving ourselves out of the sack at 5:45 were over. Brutus, however, concerned we have forgotten to set the alarm, begins to call attention to our oversight at 5:30 sharp. A believer in the adage "If at first you don't succeed," his volume increases until, by 6:00, he's into decibels that penetrate both the bed covers and the pillow now covering the master's head. Lois, only recently afflicted with an early-morning hearing problem, doesn't miss a snore.

With visions of Brutus by now standing on crossed legs and chewing on the doorknob, I leave the snug refuge of the bed, whack my knee on the glass top of the coffee table (a tradition), perhaps step barefoot on a T-bone or a cat-food can he sneaked in the night before, and turn him loose. It is little consolation in the pale light of dawn to observe that his urgency has nothing to do with his favorite tree. Instead, it's either to chase Flaky, Lois' cat, up a clothesline post or to dash over and wake up Gail Abrell's rooster, in case it has overslept.

Having read that older people require fewer calories than the gung-ho generation, I had thought this would apply to older dogs as well. In fact, our reduced food budget called for us to eat less and for Brutus to live pretty much off the land—by bagging a moose, a deer, or the neighbors' chickens, in season—with maybe a few orts (as the crossword-puzzle people label table scraps) for dessert.

However, whether it's the early-morning rising or the extra exercise I get from replanting the garden, picking up the litter on the lawn, and dashing out to unplant Brutus' big feet from the shoulders of strangers, I am eating more than I ever did in the apartment. As for that dog, the closest he comes to living off the land is stealing eggs out of the neighbors' chicken coops. We are now buying dry dog food by the 50-pound sack and canned dog food by the case. He also makes sure that the cat's dish and her milk saucer are kept clean. We make restitution for the neighbors' eggs once a week.

Ignoring the weight—at least 40 pounds—of her female Garfield cat, Snowflake (or Flaky, as I have nicknamed the spoiled beast), Lois had the audacity to remark, "Your dog is getting fat. From now on it's dry dog food only!"

For my rebuttal, I had only to re-

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mind her of Cookie, the dog we had acquired in Florida while I was seeking my fortune as a free-lance writer. I had done so well that at one point our larder was reduced to a barrel of home-canned peaches, the last of our estate shipped down from Michigan.

"A dog that won't eat canned peaches can't be very hungry," we kept telling ourselves. But on the third day of this fare, after tying Cookie to the back bumper and walking into town, we returned to find that Cookie had somehow discovered that the trailer was made of some sort of edible composition. He had edibled a hole big enough to crawl through and was contentedly dozing on our bed.

Another thing—our meals here were to be casual, leisurely, even candlelight affairs upon occasion. But Brutus has little patience when it comes to waiting for his orts. And for all the miracles that compose the human anatomy, the digestive system refuses to function efficiently with an impatient mastiff drooling at the diner's elbow.

We tried exiling him to the outside during mealtime; he stared at us accusingly through the window. We pulled the shade; he scratched on the door. We tied him to the elm tree; he cut loose with howling that brought the neighbors. We untied him and gave him a bone; he dug out the last of my radishes and buried them again in the garden. He was back scratching on the door before I could regain my seat at the table.

Synchronizing his mealtime with ours proved equally brilliant. Somewhere in Brutus' roots there must be a tad of hamster blood that allows him to store food in a pouch: Not even a dog his size can ingest food and be back at my elbow that fast. It wouldn't make any difference if he *had* just bagged a moose; he begins the pitiful moan that can only be interpreted as "Just a crust, master—please don't let your faithful old dog starve to death in this land of plenty."

When this fails, his next intonement is even more definite: "Come on, fatso, just one little bite of that hamburger, that's all I'm asking. . . help!. . .HElp!. . .HELP!" To spare the neighbors another trip, I give him the rest of my hamburger and blow out the candles, and another quiet dinner is shot down.

Our dreams of long, leisurely evenings have fared no better. With the kids safely flown from the nest, we had thought our nights of waiting up and worrying were over. We had taken for granted that at age 70 Brutus' romantic rompings would be on the wane, if not waned altogether. Instead, he seems to be just hitting his stride.

At first, we sat up and waited and worried. Then we got smart and didn't let him out in the evening. That worked fine until we went to bed. When the wailing began carrying to the Abrells', I got out of bed and led him outside. One night I tried tying him to the clothesline; this cost us a new clothesline. Then I tied him to the clothesline post; this cost me the effort of not only resetting the clothesline post but also replacing the trash burner, which was wiped out when he shot past with the post bouncing along on the end of the rope.

I finally invested in a dog harness and anchored him to the elm tree. The tree stayed in the ground, but dog harnesses evidently aren't made the way they used to be. We expect to be on the receiving end of a paternity suit any day now.

"Maybe if you can get him tired out before bedtime," Lois suggested one night while ensconced safely in bed. So Brutus and I went outside for a few games of Fetch the Ball, or, as we played it, Knock the Master Flat. An hour later, I fell asleep on the sofa while taking off my shoes. Brutus seized the opportunity to curl up on the bed next to Lois. She didn't know the difference until he began licking the cold cream off her face. I *never* do that.

"Maybe it's just a phase," was Lois' next bit of encouragement, again from the bed. "And there must be plenty of people who stay up and watch Johnny Carson who don't even have a dog."

So now I'm watching Carson nightly and hoping the "phase" will peter out before I do. If Brutus doesn't retire soon, it's back to Indianapolis for us. I was getting more sleep on the job than I'm getting now. Besides, they don't allow dogs in the company cafeteria. And who knows, once back there I may be able to lay up a few cases of dog food for a rainy day.

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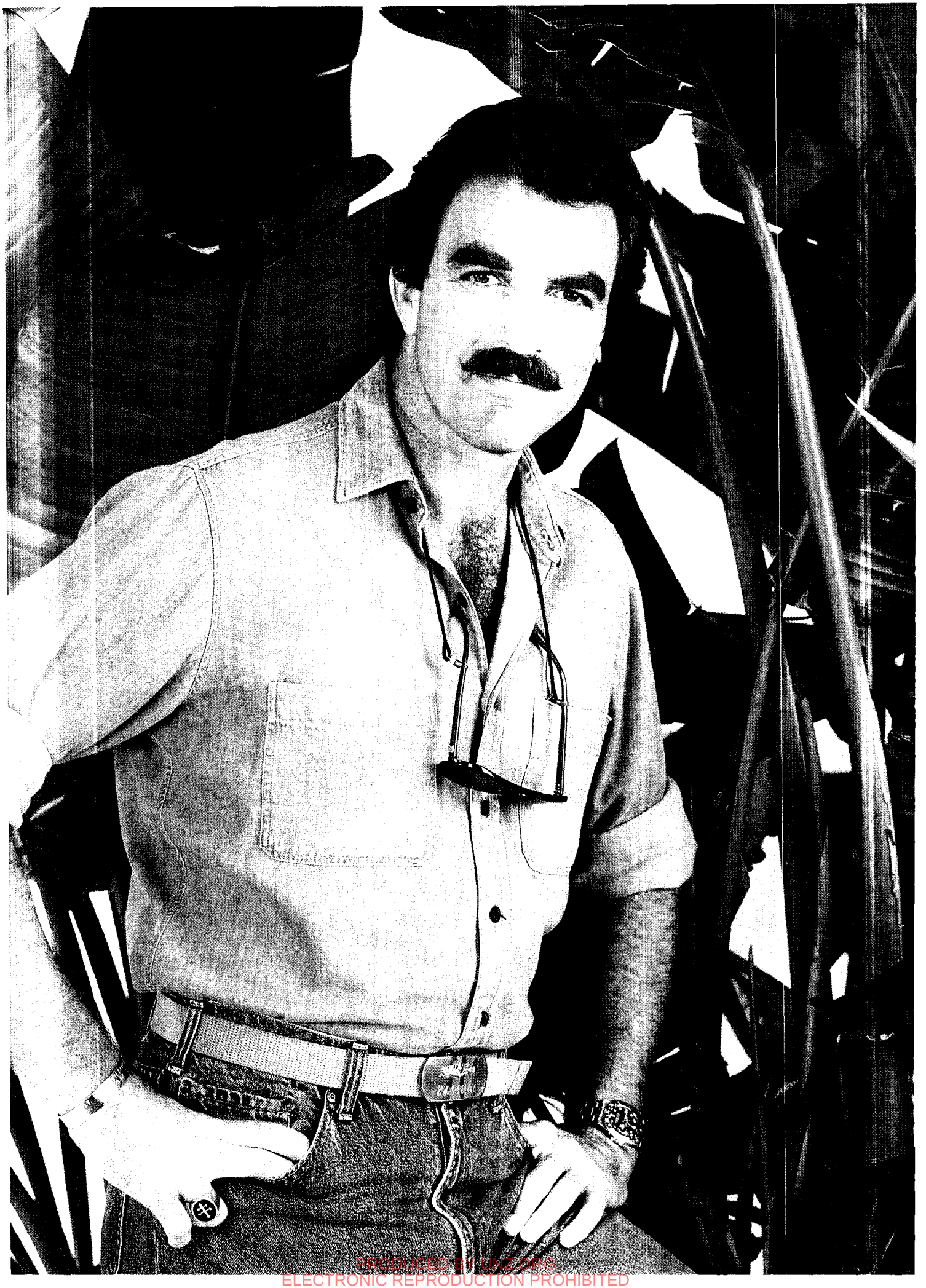

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TOM SELLECK: WHAT'S NEXT?

After seven years, "Magnum, P.I." may be losing its luster, but its celebrated star continues to shine.

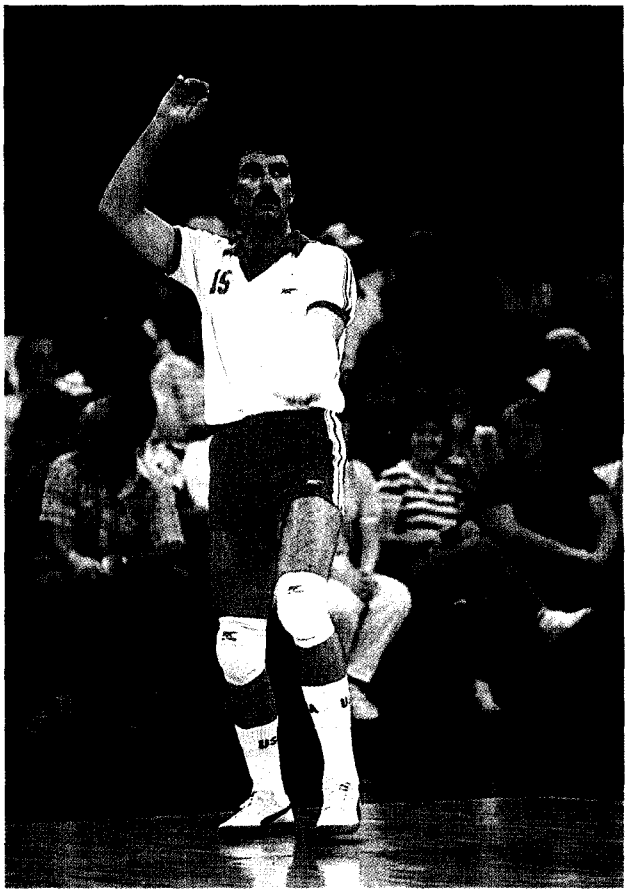
by T. Klein

A cardinal rule in Hollywood says what goes up must come down—but Tom Selleck is proving himself an exception to the rule. Ever since "Magnum, P.I." premiered six years ago, Selleck has reigned as the undisputed "hunk" of prime-time television. His Thomas Magnum character has carved a niche alongside Dirty Harry and Sonny Crocket of "Miami Vice." Yet Selleck, described by pals and associates as tough, funny, private, generous, and alarmingly shrewd, has always kept his stardom in perspective. "TV can gobble people up, spit them out, and go on to the next, if you're not careful," he once acknowledged. "You don't know when people are going to get tired of you."

For Selleck, that day is unlikely to be anytime soon. Even though "Magnum" has struggled in the ratings the past few seasons, Selleck is not yesterday's news. His fan mail, once estimated at 10,000 letters a week, still arrives at the studio in back-breaking bundles, and readers of *People* magazine recently voted the 6'4" heartthrob the actor they'd most like to play a love scene with. Movie offers pouring into his production offices are turned away only because his free time is filled by his TV obligations. And Selleck's reported $75,000-plus-per-week salary indicates he's one prime-time phenomenon whose sizzle hasn't yet started to fizzle.

Still, Selleck has noticed the fickle flame of fame flicker. It began, ironically enough, when the 41-year-old actor was awarded TV's prestigious Emmy award two years ago. Selleck had hardly a moment to celebrate before a reporter backstage at the award ceremony asked him what he thought of the top-rated "Cosby Show," then scheduled opposite his series. Selleck didn't need a detective to deduce there was trouble in the Hawaiian paradise Thomas Magnum calls home. "I should have had an inkling," Selleck admitted afterward.

Indeed, from that peak, "Magnum" quickly plummeted in the rankings from a high of No. 6 in 1984 to the low 30s and 40s the past two seasons.



Volleyball, one of Selleck's several athletic pursuits, earned him an honorable mention on an all-American team.

Selleck spent the next summer lobbying the network brass for a new time slot. His reward? He was repositioned opposite another big show, "Dynasty." "Now we're up against a hit instead of a phenomenon," he cracked. More seriously, he called the skid of his show "a good kick in the pants."

No matter, though. Selleck showed he could take his lumps when he appeared on David Letterman's "Late Night" and joked about when "Magnum" was hot. He displayed a charm reminiscent of the debonair Cary Grant—and even showed another Grant-esque side by submerging his head in a tank full of water and making motorboat sounds. And when Letterman asked him about when he led Britain's Princess Diana across the dance floor at a black-tie White House gala, Selleck admitted he was more nervous than a teen-ager at a high-school dance. "I apologized the whole dance," he confessed with a laugh. Such honesty was enough to disarm the normally cynical talk-show host. "You're a nice guy—that's why people like you," Letterman said.

That's for certain. Let's talk about Mr. Nice Guy. As honorary captain of the men's U.S. Olympic volleyball team three years ago, Selleck posed shirtless for a beefcake poster, a task he disdains even more than interviews; he then donated the hefty proceeds to the amateur athletes. And for Christmas a few years ago Selleck gave his co-stars sleek new Porsches. Is this major-league nice, or what?

Material objects become almost immaterial compared to the intangibles lost in superstardom. After nearly a decade of being recognized wherever he goes, Selleck is most protective of what he has least of—his privacy. When he works, Selleck says, he gives his time to the public, but when the cameras are off he likes to keep to himself and his closest friends and to avoid as much Hollywood hoopla as possible. Of his penchant for privacy he once said, "I don't want to bore

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Although the movie departs from the real story, the heroics of the Hickory High team in *Hoosiers* rekindle memories of Milan's triumphant victory in 1954.

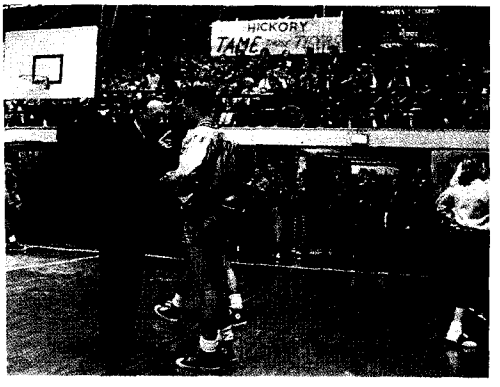
HOOSIERMANIA

Little Milan High School made the record books in a wild basketball game with a Hollywood ending.

by Hank Nuwer

Back in 1954, Milan High, a tiny southeastern Indiana school with 161 students, survived a 751-team tourney to meet the Muncie Central Bearcats in the state basketball finals. Such an improbable matchup between a backwater school and a powerful giant could happen in only a few states, such as Indiana; nearly all other states place schools in divisions according to enrollment size. And, as you might expect, some Goliath from Indianapolis, Marion, or Muncie has invariably claimed the Hoosier basketball title every year—every year, that is, except 1954, when a youngster named Bobby Plump zinged a last-second jump shot that made Milan a household name in Indiana.

Milan's team was led by four boys from Pierceville, population 45. The quartet—Bobby Plump, Glenn Butte, Gene White, and Robert Schroder—were tough farm kids, unintimidated by physical contact. All were short, even by 1950s standards: the tallest was White, at 5'11". The boys were dirt poor but proud. Plump, for example, came from a home that lacked electricity, telephones, and plumbing. They were also painfully shy everywhere but on the basketball court. Because there was nothing else to do in Pierceville but work and shoot buckets, the boys learned to hang hook shots about the time they learned to wield a pitchfork. When the time came, they teamed up with fiesty Ray Craft of Milan to give Milan High the best squad it ever had or ever would have.



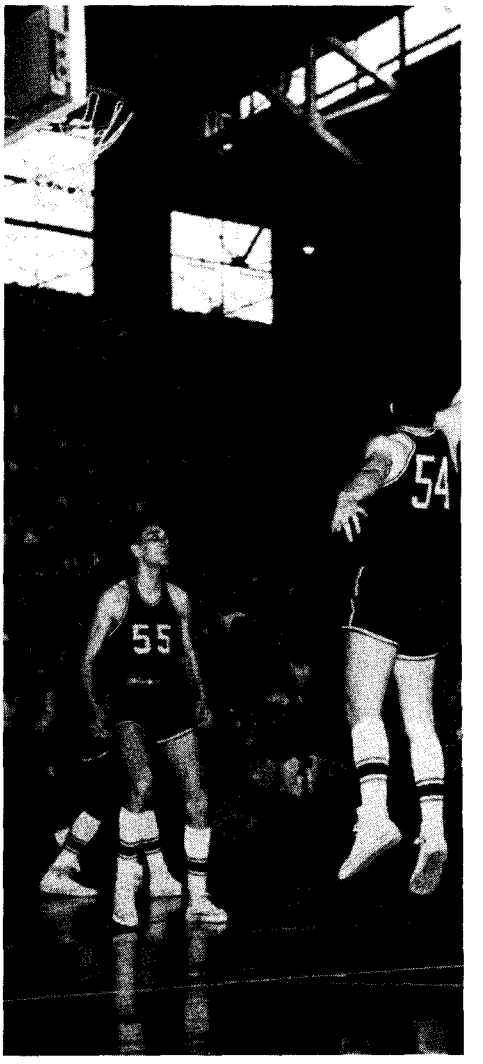
Gene Hackman's portrayal of a fiery coach who once punched a player makes great cinema but bears little resemblance to Milan's reserved coach, Marvin Wood.

Hoosiers, the feel-good movie that's spread Hoosier hysteria around the country, is the brainchild of two Indiana natives and inveterate basketball fans, David Anspaugh and Angelo Pizzo. The movie, they say, was inspired by the famous Milan-Central game, although the script departs widely from the real Milan story.

In the movie, Hickory's coach, Norman Dale (played by Gene Hackman), is a middle-aged man given a chance to redeem himself for punching a player years earlier. Milan's coach, Marvin Wood, on the other hand, was a quiet man, a relative babe of 24 who had inherited the team from a volatile but successful Milan character named Snort Grinstead. Wood instituted a slow, ball-control game at Milan called "cat and mouse"—an affront to fans long used to Grinstead's run-and-shoot offense.

After coaching Milan all the way through the tournament field, Coach Wood angered fans of his underdog Indians by freezing the ball late in the final game as the Muncie Central Bearcats led by two points, 28-26. Plump actually stood near center court with the ball tucked safely away like a football and held the ball for four minutes and 13 seconds while 15,000 fans grumbled and squirmed. But Wood's gamble paid off. When the score was tied at 30, the coach called a time-out. The ball went inbounds to Plump, who exchanged passes with Craft and then dribbled down the lane while the crowd counted down the remaining seconds. Seeing an opening, Plump went high in the air and lofted the ball over the fingertips of Muncie's James Barnes. The ball seemed to take forever to reach the basket, but when it did, the ending was made for Hollywood—Milan 32, Muncie 30.

Wood—now the women's basketball coach at St. Mary's College in South Bend, Indiana—says he devised the ball-holding strategy by accident in an earlier game. "We played a local team that was big and strong



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on a large floor in a small gym building," Wood recalls. "We didn't want anyone to get hurt, so I said, 'Hold the ball.' " The scheme worked so well that Wood called the play again in the championship game to rest his winded team.

Coach Wood—who held down a night watchman's job to supplement the $4,000 he was paid to both coach and teach—had more than just a handful of boys turn out for the team, as Coach Dale does in *Hoosiers*. On the contrary, Wood's problem was finding a tactful way to cut some of the untalented players who swarmed into the gym his first day of practice. Of 73 boys in the school, 58 showed up for tryouts.

Despite the discrepancies, members of the real Milan team have enjoyed the movie based upon their heroics, as well as the recent national attention lavished upon them. Plump calls *Hoosiers* "an enjoyable movie." He's seen it four times already, and he won't deny he may go again. "I think I know all of the roles in the movie," he says. "You have a good feeling during it—especially when you leave the theater."

But he stresses that key elements in *Hoosiers*—such as the drunken scene with Shooter (played by Dennis Hopper), the romance between Coach Dale and Myra Fleener (Barbara Hershey), and the reluctance of the team's star to play—are all figments of a Hollywood imagination. "The final 18 seconds were the only thing factual in the movie about the Milan-Central game, and Angelo Pizzo told me he tried to make that [scene] as true as possible," Plump says. "From the time the ball was in bounds after the final time-out, the movie was accurate."

The movie has brought back memories for Plump, now an Indianapolis insurance executive, yet much of that night 33 years ago remains a blank. He simply cannot remember what he was thinking during those crucial final seconds. "I don't know," he says, adding, tongue-in-cheek, "I guess we were a bunch of

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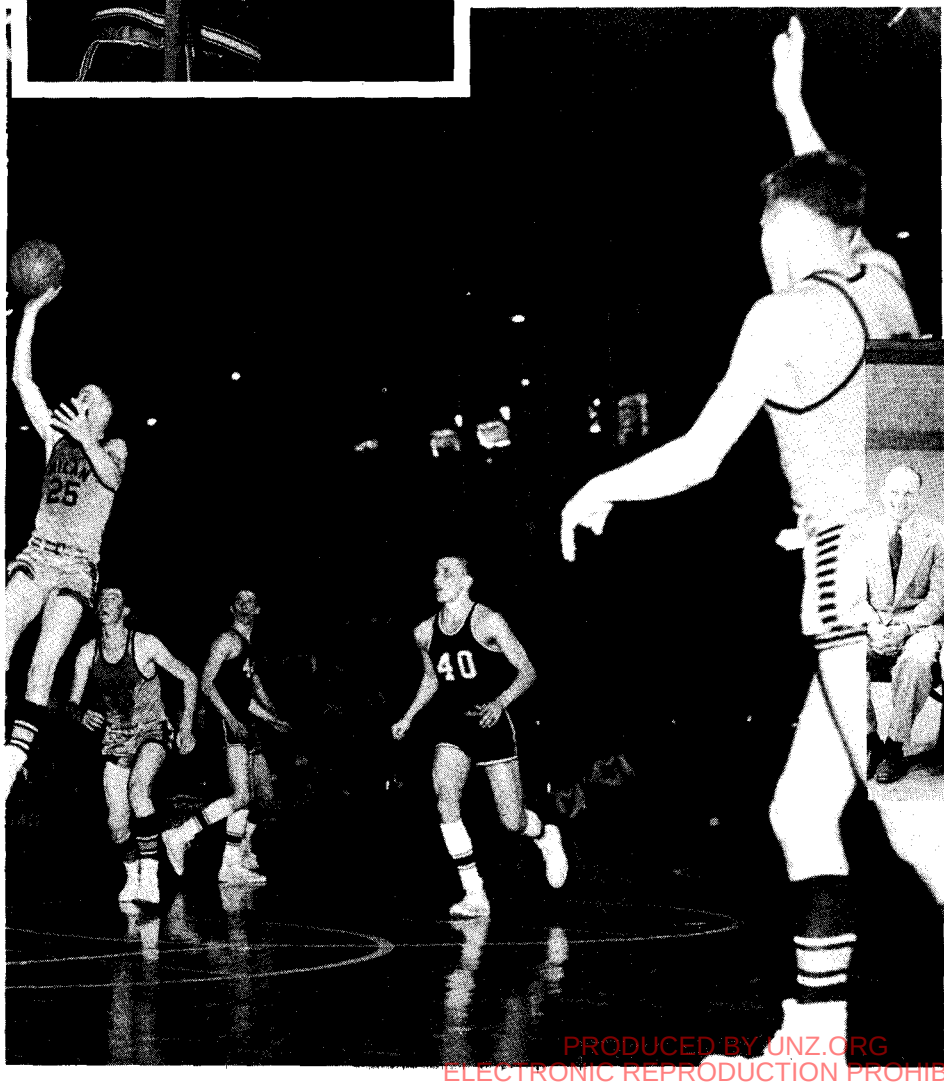
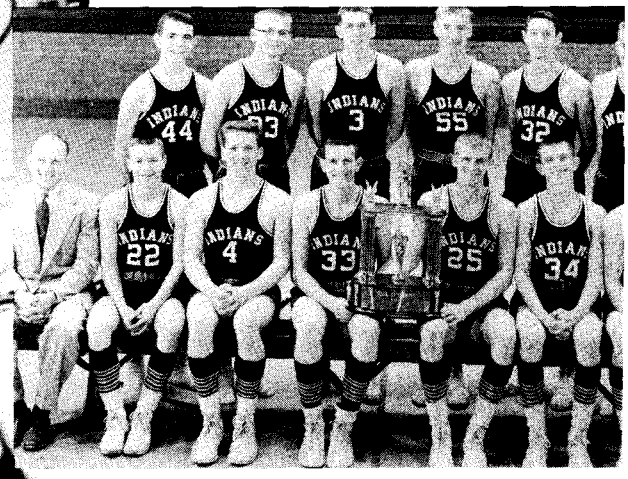
Bobby Plump celebrates the basketball shot heard from Milan, Indiana, to Hollywood by cutting down the net.

Hackman gives last-minute instructions to his team before the title game. The strategy and drama of *Hoosiers'* closing scenes match the real game's final moments.





(Above) The Milan Indians of 1954 and their coach, Marvin Wood. In the title game, Wood had Bob Plump (left, no. 25, in an earlier game) hold the ball for more than 4 minutes before uncorking the jump shot that won the state championship.

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SAVING LIVES WITH MRI

Medicine's new insight gained through Magnetic Resonance Imaging has saved one Post *employee from imminent paralysis and another's small child from potentially harmful invasive tests.*

by Cory SerVaas, M.D.

The magician's act of sawing a person in half is, of course, only an illusion. No illusion is the new "Star Wars" technology known as Magnetic Resonance Imaging (MRI). When aimed across the abdomen, it can give physicians a picture as if the body were actually cut in two. The "knife" can cut through the body and give a picture of all the insides just as they are.

There is no need to move one part to see another or to deal with blood, as in an operation. For both the doctor and the patient, this information can be priceless. MRI can make "cuts" anyplace in any direction, depending upon the area of the body that is suspected of causing the affliction. The results—had I not seen them with my own eyes—would be unbelievable.

For Bob Silvers, MRI was a life-saver. Bob is our religion editor at the *Post*. When a sudden onslaught of lower-back pain sent him to his small town community hospital, the doctors thought his problem was no more than a pulled muscle and muscle spasms. He was hospitalized and given what was considered a complete work-up with X-rays, CT scans, and blood work. All tests being negative, two weeks later he was sent home with muscle relaxants and painkillers.

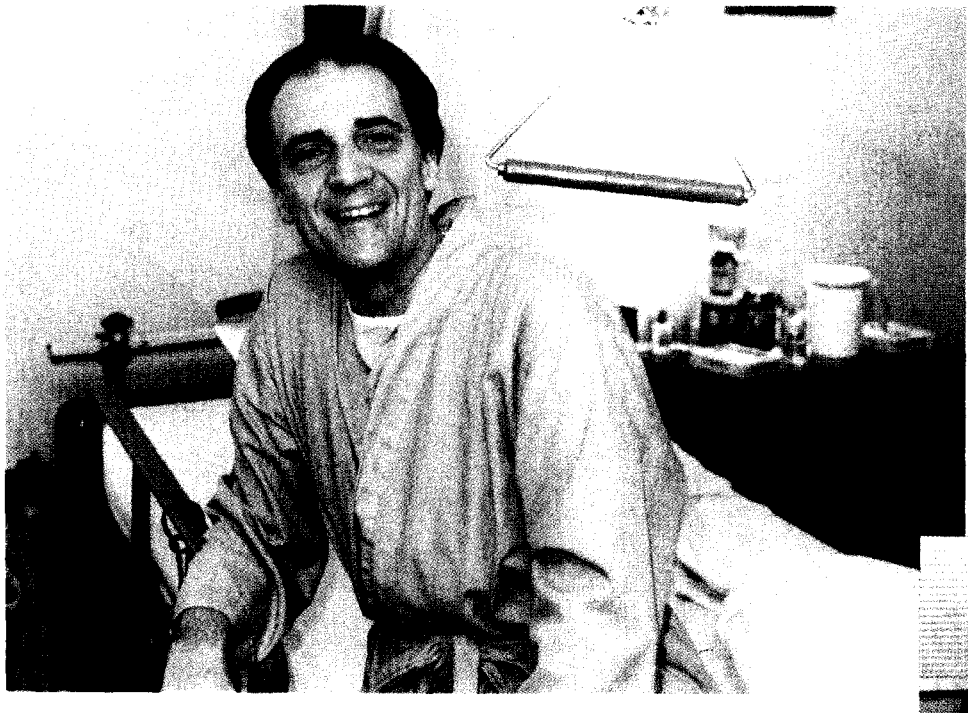
Now, Bob Silvers is not one to complain easily. His pain, I thought, was too excruciating to be merely a pulled muscle causing spasms. So I called Dr. Gene Klatte, chairman of the department of radiology at the Indiana University Medical Center, to ask for MRI to help in searching out the cause of Bob's torment.

Dr. Klatte did the procedure at 9 a.m. At 10 a.m., he phoned me to say the problem had been found. MRI revealed a bone infection called osteomyelitis in Bob's third and fourth vertebrae. The bacteria causing the abscess and bone infection proved to be staph aureus. This mass had failed to show on X-rays or on the CT scan during his former hospital work-up. Now, thanks to MRI, it was disclosed in time. "Even one more day," Dr. Klatte explained, "and the staph aureus abscess could have gone on to cause permanent paralysis."

In fact, had the abscess penetrated the sheath covering Bob's spinal cord, bacteria could have entered his spinal fluid, giving him meningitis or encephalitis. The result could well have been death or permanent brain damage.

Neurosurgeons discovered the staph aureus by putting a biopsy needle into the bacteria-laden abscess that had set up housekeeping in Bob's bones during his agonizing weeks without an accurate diagnosis. With a powerful antibiotic, the right one to which staph aureus is sensitive, Bob's severe pain soon disappeared. Six weeks of hospitalization and intravenous (I.V.) therapy would do the rest.

Although the cost of the MRI exam (perhaps $500 to $800) might be considered expensive, you have only to ask Bob Silvers how *inexpensive* it is compared to the pain and the cost of hospitalization without a correct diagnosis. Or compare the cost percentage-wise to the cost of the equip-



Bob Silvers, religion editor, had been sent home from the hospital with painkillers and muscle relaxants for severe pain. Knowing that Bob is not a complainer, *Post* editor asked for MRI to find a better answer—and just in time!

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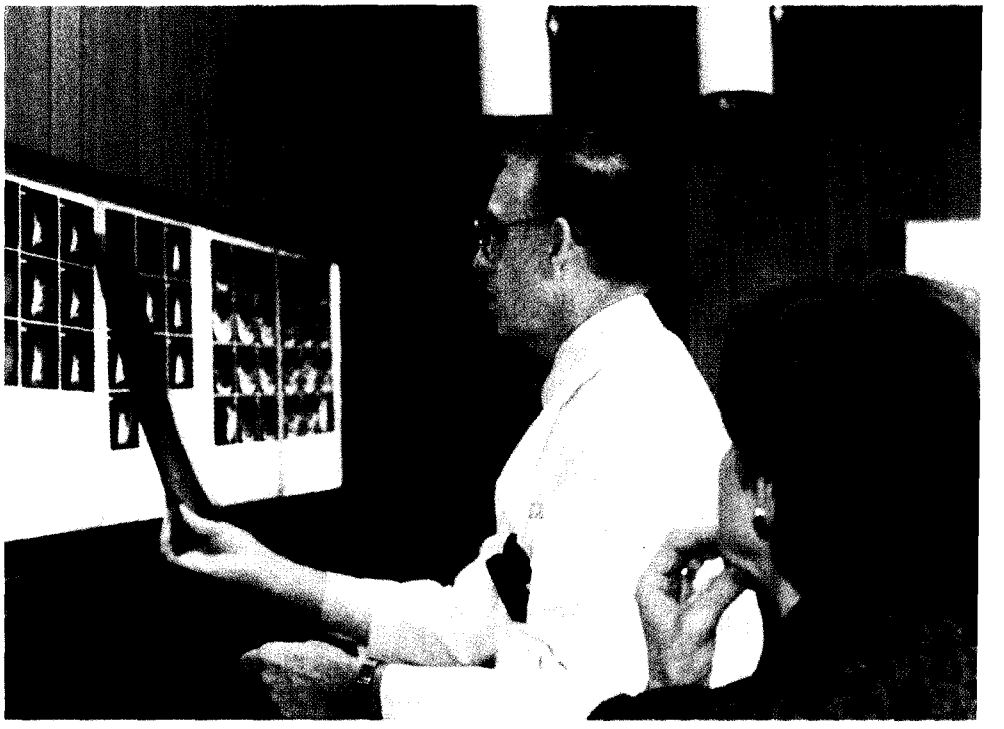
ment, about two million dollars plus another three-quarters of a million for a room completely insulated from external radio frequencies. (New York Hospital personnel found this to be necessary when their new MRI began receiving shortwave Vatican Radio.)

* * *

The explosive growth in the use of this exciting diagnostic equipment (some 400 in operation in the United States today) can be credited with a growing number of "Bob Silvers" miracles across the country. But one doesn't have to traverse the country to find examples. My office is adjacent to our lobby and our very attractive receptionist, Beth Knight. Unknown to me, Beth and her pediatrician had been struggling with a very intractable infection in her little two-year-old daughter Brianna's left ear.

In days before antibiotics, children died or became brain damaged from ear infections that didn't get well while their physicians watched helplessly. This doesn't happen in these days of antibiotics. Even now, however, mothers are always cautioned, because of the ear's proximity to the brain, that you can't wait around when a child tugs on his ear in pain. Beth hadn't waited. But something strange happened to Brianna while her ear infection was being treated: her eyes suddenly crossed.

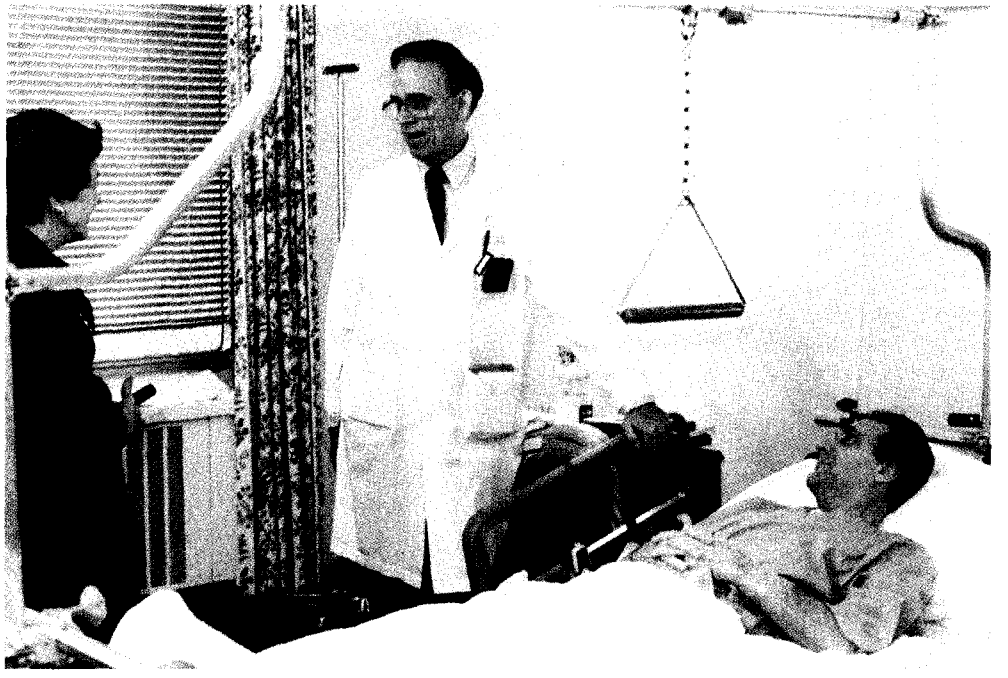


Dr. Gene Klatte, our MRI hero, points to the bone infection in Bob's third and fourth vertebrae. The abscess was putting pressure on Bob's spinal column. The infection could have penetrated the covering of his spinal cord, giving Bob meningitis and encephalitis.

When Brianna's day-care center called in early November to say the child's eyes had crossed, Beth and her husband rushed over and took Brianna to her pediatrician, who gave Brianna a thorough exam. Finding no neurological problems, he suggested that she see an ophthalmologist about the problem. His staff made an appointment with a local ophthalmologist, stating that it was not an emergency. The appointment was set for three weeks later. Beth tried to get in earlier, but there were no cancellations.

In the meantime, the pediatrician continued to treat the ear infection. It was the day before Thanksgiving when the ophthalmologist finally saw Brianna. He gave her a routine eye exam and dilated her eyes, when lo and behold he discovered papilledema (a swelling of her optic nerve). He immediately notified Brianna's pediatrician, and Brianna was referred to the neurology department at Indiana University Medical Center. Beth was told, "Don't stop for stop signs or anything—it's an emergency and the neurologists are waiting."

Pressure on the brain caused the papilledema that the ophthalmologist saw. Brain tumors can cause this pressure. Whether malignant or benign, they are fearsome, for they are space-occupying objects in a limited



"Another day could have meant paralysis for Bob," said Dr. Klatte, obviously pleased about the outcome. Said one of his MRI colleagues, "The poor man was apologizing while his back was dissolving." After Bob's fortuitous diagnosis, staph aureus bacteria was cultured and proper I.V. antibiotics were begun immediately. His intense pain subsided.

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space. Even a benign tumor is a dreaded development. Too much pressure can cause the base of the brain to be pushed into the spinal column in the neck and cause sudden death.

Brianna was admitted immediately to Riley Hospital for Children at the Indiana University Medical Center. The pediatric neurologist and the ear, nose, and throat doctors pondered her condition, conferring about whether or not to give her a spinal tap.

Ruling out the spinal tap, they decided to give her a CT scan. It showed nothing abnormal. They scheduled an MRI for that evening at the earliest moment the equipment would become available. It was being serviced but would be available at 11 p.m. that night. So, fortunately, little Brianna underwent MRI where Dr. Klatte is chairman of the department and had helped to save Bob Silvers' life.

The surprise the MRI revealed was that Brianna's problem was not a brain tumor at all. Then when a tube was put into her left ear to drain the infection, spinal fluid that surrounds the brain was discovered to be draining from her left ear. The ear infection had perforated the coverings of the brain, allowing the fluid to leak into the ear. The residents of Indiana University Medical School had never seen such an ear infection, and the older faculty members hadn't seen one in recent years.

For Beth's little Brianna, MRI had been a godsend, saving her from having to endure further time-wasting, invasive tests to rule out a suspected brain tumor when fast treatment of the infection was of the essence. Just in time, the proper antibiotics brought her around. Her speech has come back, and her eyes are no longer crossed, although her left eye still points inward when she gets tired. For the most part, however, she is on the road to complete recovery. But I still get goose flesh just thinking about what could have happened had it not been for MRI right across the creek from our offices.

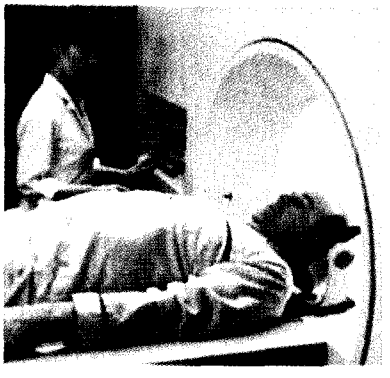
Two-year-old Brianna, daughter of *Post* receptionist Beth Knight, was being treated for an infection of her left ear when her eyes suddenly crossed, and her pediatrician recommended she be taken to an ophthalmologist. The appointment, three weeks later, became an emergency when he discovered a swelling of the optic nerve. With the suspicion of a brain tumor, little Brianna was rushed to the hospital. When MRI revealed no tumor, a spreading infection, causing spinal fluid to leak from her ear, was discovered and treated.

* * *

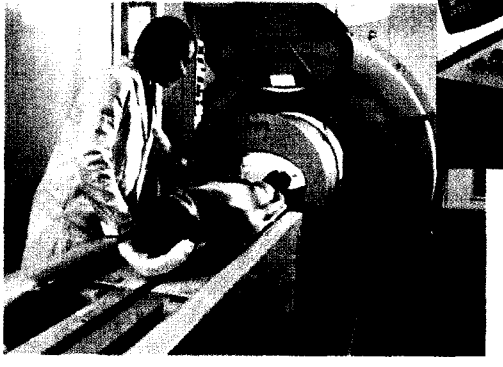
To better appreciate this miracle, let's turn back the pages of medical history for a moment.

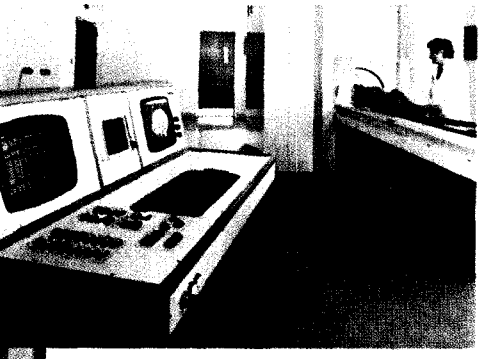
At one time, if the cause of a medical problem wasn't readily apparent, "exploratory surgery" often became the next step. Unfortunately, despite these surgeries, or perhaps because of them, the patient didn't always improve. Then the question arose, how to look inside the body without first cutting it open. This led to the area of medical science called radiology, beginning with X-ray images. In recent years, medicine has ridden the wave of high technology. Researchers have developed dramatic new ways to look inside our bodies. Thus, in addition to ordinary X-rays, we have X-rays using materials for contrast, such as barium; X-rays assisted by computers (CT scans); radioactive elements that can be sent to various places in the body and then counted; and sound waves (ultrasound). And now Magnetic Resonance Imaging or MRI.

The incredibly complicated technology behind MRI can be explained by a few examples. Our bodies are made up of chemicals, and chemicals are composed of atoms. Each atom has at its center a nucleus. If we visualize the nucleus as a ball



MRI uses radio waves, a computer, and a magnet large enough to surround the patient. It can produce very precise 2- or 3-dimensional images. It takes 30 to 90 minutes.





MRI uses no X-rays, and the magnetic fields MRI does use aren't known to be harmful. It can be used to monitor the success of treatment for disease. MRI is absolutely painless.

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with a stick driven through it, we can pretend it is a spinning top. All of us have seen how, when a top spins, the stick wobbles or swings in a circle. The stick is called the spin axis, and the path the stick follows as it wobbles is called the precessional path.

Normally the spin axis of an atom could point anywhere, and its neighbors' could point anywhere else. But if we put this group of atoms in a strong magnetic field, the sticks tend to move around until they all point in generally the same direction. Remove the magnetic field, and the sticks will move independently until they are again arranged randomly. The speed with which an axis lines up and with which it falls away is affected by two conditions: the kind of atom and the kind of "world" it is in.

MRI takes advantage of these properties. A person, composed of lots of different atoms in different worlds, is placed inside a huge magnet. This magnet is turned on and off very rapidly, creating pulses of magnetism. The atoms line up and fall away with each pulse, each type of atom behaving a little differently from the others. The energy of all this change is picked up, and that information is fed into a computer. Then the computer can make a picture.

For example, the wall of the intestine is different from what is inside it; fat is different from the intestine; the stomach is different from fat or the intestine; and water or blood is different from the rest. Using these facts, the computer can create a picture looking exactly like the way we are arranged inside.

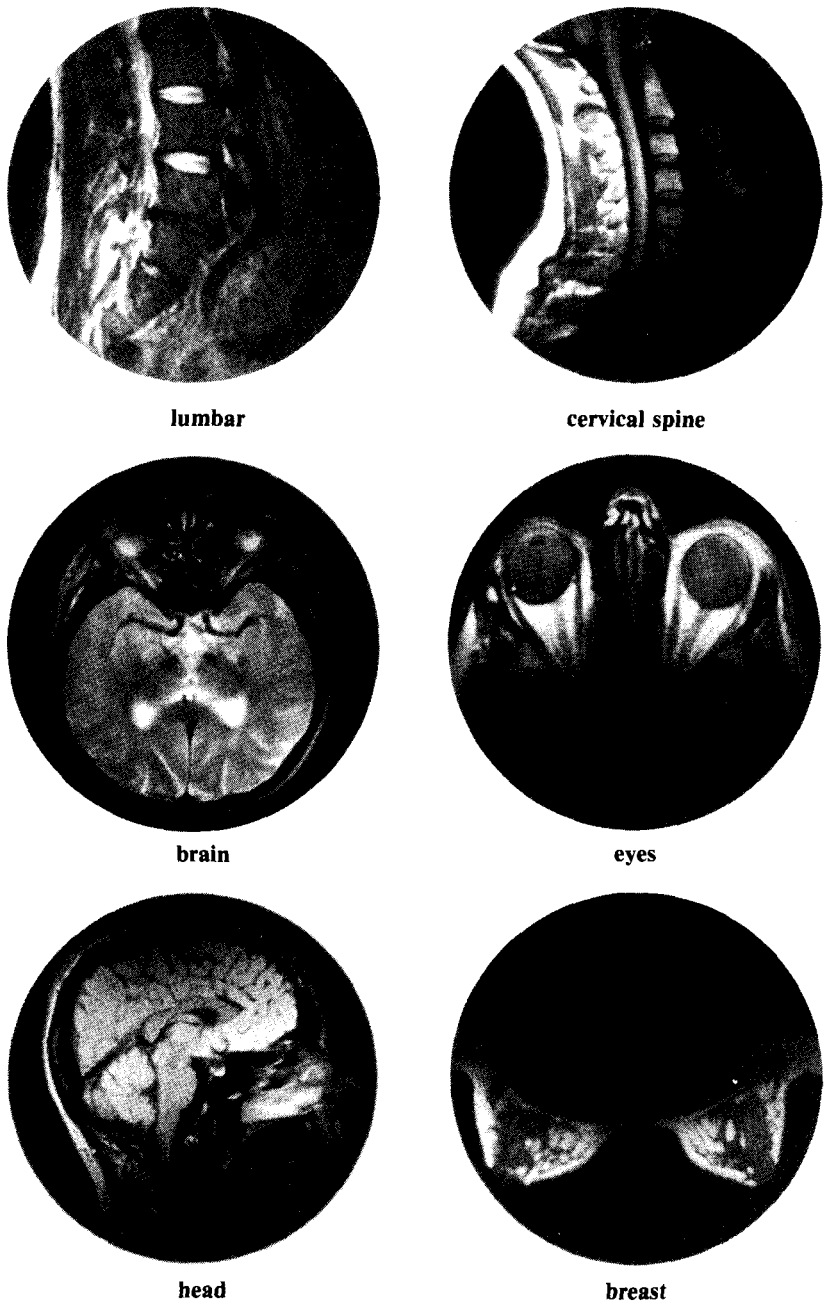
With the aid of these magnets and computers, the equipment can see through bone to the soft tissue underneath. Thus it is especially valuable in diagnosing brain and nervous-system disorders such as multiple sclerosis, brain tumors, and strokes. It can see into the heart and into aneurisms. It can spot cancers and infections, even in the bone.

MRI is especially useful in the cervical and lumbar spine. It also is the best way of seeing into the lower, back part of the skull. It can be used to analyze the flow of blood in arteries. It has a future in the examination of arms and legs and their ligaments. In some cases, more invasive studies done today may be replaced by MRI.

Consider another of the wonderful diagnostic results that occurred in Phoenix, Arizona. At age two, Nathan Tower developed severe aches in his left ear and frequently vomited. In June 1985, when he was nearly five, those earaches were joined by terrible headaches, for which painkillers brought no relief. Trying to trace the cause of this constant pain eventually took the frantic mother to 11 different doctors, some of whom viewed her as neurotic or worse.

In the meantime Nathan's health was deteriorating rapidly. He lost the use of his left hand and arm and began losing the use of his left leg. In July, his distraught parents took him to Reno, Nevada, for tests. The results showed evidence of a tumor on the brain stem. The doctors agreed that it was inoperable.

However, through a roundabout



MRI is especially valuable for detecting brain and nervous system disorders. It can see through bone and clearly defines soft tissue. Multiple sclerosis can now be detected in its earliest stages. MRI can see into the heart and blood vessels. It can detect cancer of the ovaries, uterus, prostate, liver, pancreas, bladder, kidneys, vocal cords, and more.

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channel of communication, the desperate mother finally contacted a doctor who urged the Towers to take Nathan to Phoenix's Barrow Neurological Institute at St. Joseph's Hospital and Medical Center, where MRI equipment had been installed only two months before. As he was being eased into the six-foot-long "torpedo tube" for the MRI scan, little Nathan looked up at his mother and asked, "Mommy, is this a spaceship?"

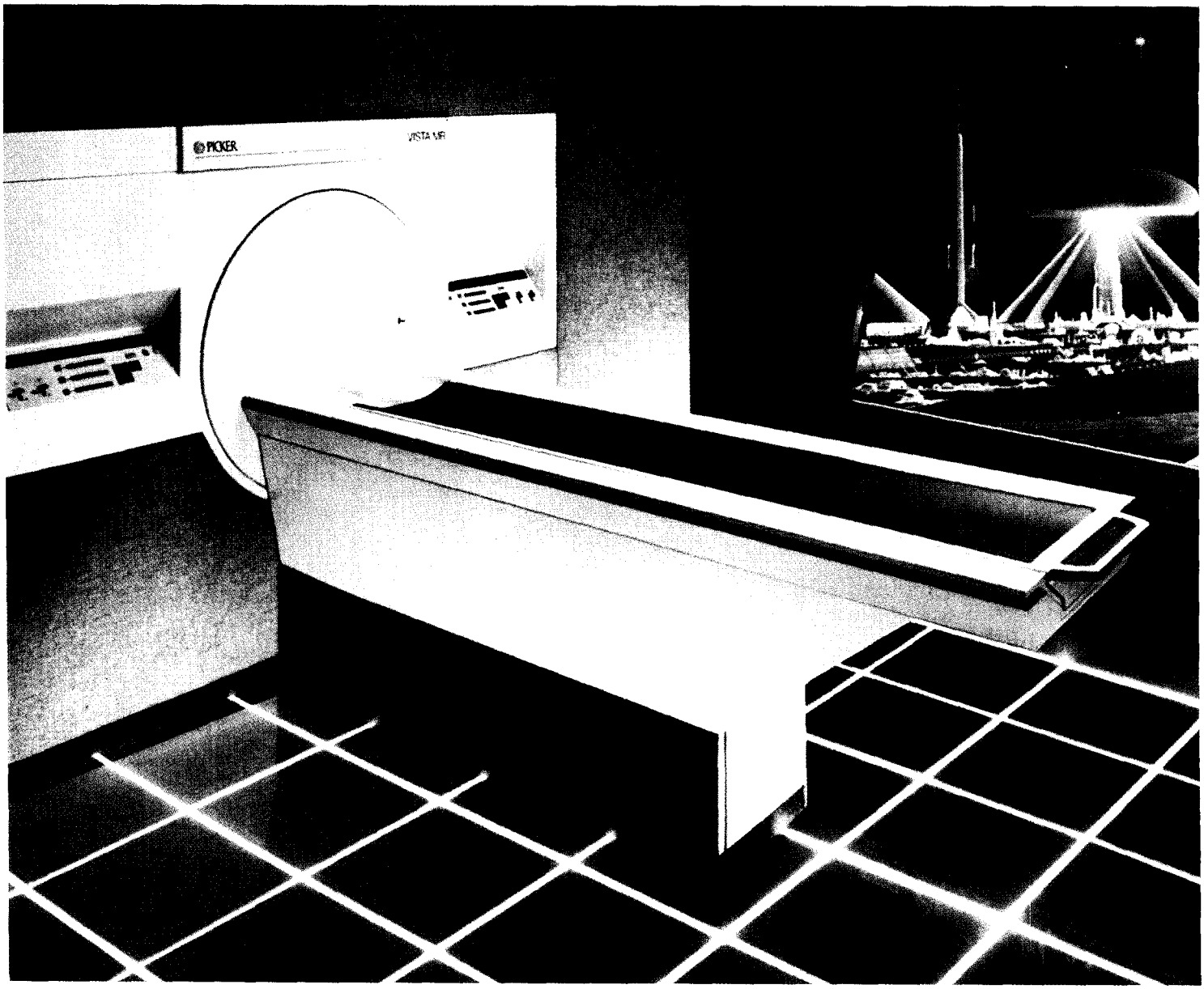
No, not a spaceship, but as far as the Towers were concerned, the results were certainly as far-reaching. The remarkably clear image showed a tumor lying at the base of Nathan's brain. It was safely removed in an eight-hour operation. The surgeon said of the procedure: "With the MRI we are able to see brain structures we could never see before. Ten years ago this child would have died."

Because MRI can depict soft tissues in high contrast, it has proved an effective means of examining the spinal cord, as seen in Bob Silvers' case. Before MRI, doctors who wanted to look at the spinal cord had to inject an X-ray contrast agent into the fluid which surrounds it, a procedure that could be risky and painful.

Now, thanks to MRI, patients like seven-month-old Ashleigh Slaughter are spared this risk and pain. The clear image of her malignant tumor between the kidney and spinal column was shown to be entering the spinal canal and compressing the cord. Fearing the trauma of spinal surgery on a patient so young, doctors at UCLA used chemotherapy to shrink the tumor before trying to remove it. Ashleigh responded so well to the medicine, however, that no surgery was necessary. MRI showed that the tumor had vanished from her body.

Lucky? Yes, you might call sufferers such as Bob Silvers, Brianna Knight, Nathan Tower, and Ashleigh Slaughter lucky. Lucky that someone knew of MRI and that it was available. However, 400 MRI centers in the United States are pitifully few for giving promise of help to all whose lives are in jeopardy because of afflictions this equipment could expose. These lifesavers are thus being installed on large mobile vans so that several hospitals can share the equipment by using it one day a week.

What this means is, should you ever feel that you haven't had an accurate diagnosis, ask your doctor if



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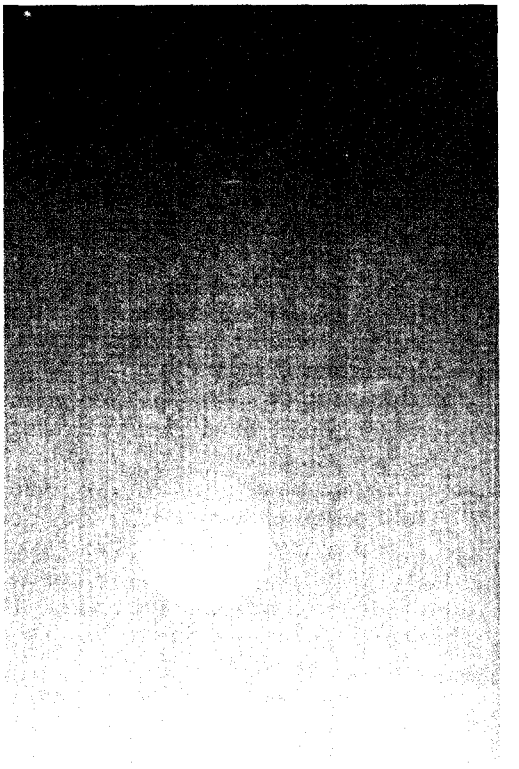
MRI might help reveal the problem. If so, ask him where the nearest MRI can be found. It is painless. . .it is not known to have any harmful effects . . .there is no irradiation. . .and there are no scars.

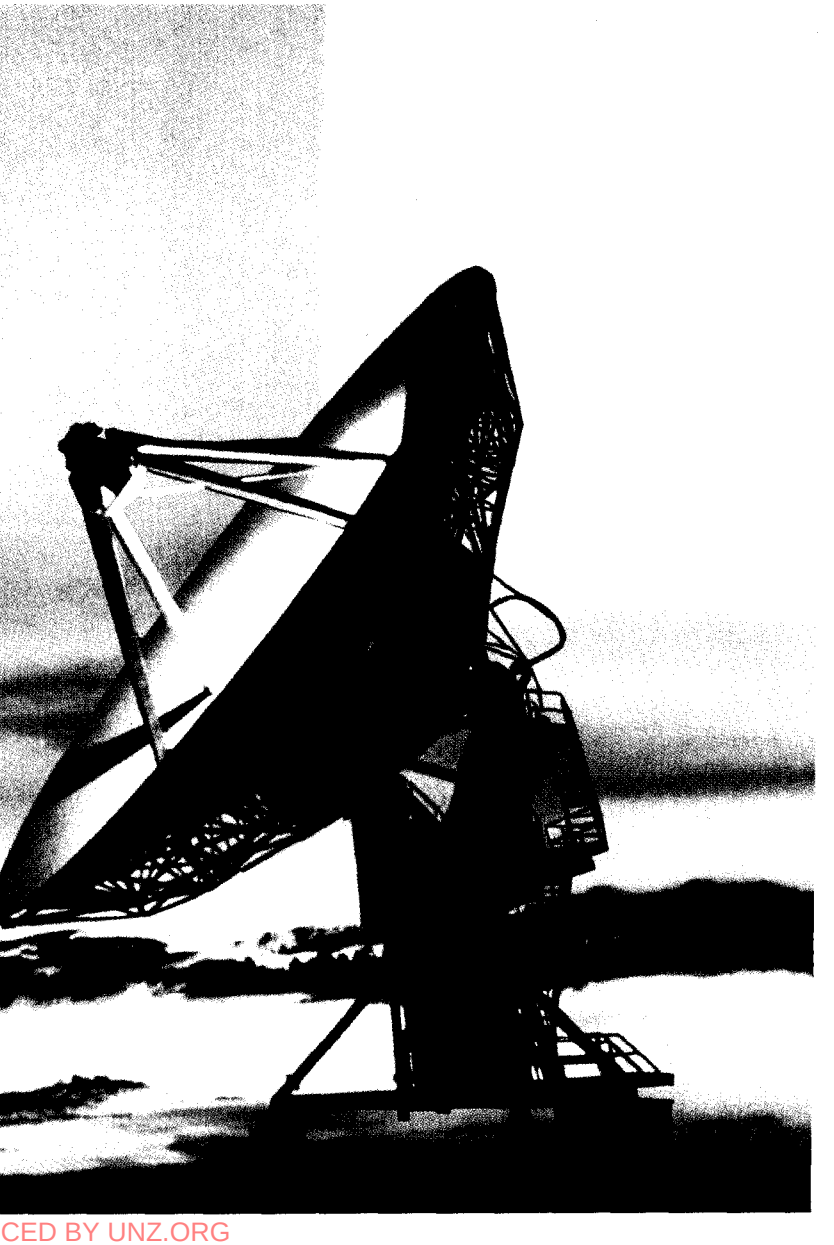
For all of MRI's many advantages, there are some restrictions to this method. It can't be done with people on pacemakers. Those who have had metal clips used inside them during an operation should not have this exam. The same goes for armed services veterans carrying bullets or shrapnel in their bodies, as the magnet pulling them out would be like being shot or injured a second time. If a joint has been replaced with a metal prosthesis, the radiologist needs to know. Someone who is very ill and in intensive care cannot be examined because the life-support equipment can't be in the same room with MRI. While there is no evidence that it is harmful to pregnant women, it's best not to take chances.

MRI is of particular value to children. Parents may be in the exam room with the child to comfort and hold his hand at no risk to the parents.

If you would like to learn more about MRI, write to the SatEvePost Society for a list of manufacturers of this equipment and centers where MRI is available.

What "Stars Wars" technology is to our national defense, the Magnetic Resonance Imaging device is to the body's defense against inexplicable afflictions. The data obtained from this modern medical miracle will give surgeons much needed information prior to surgery, facilitating more accurate and precise procedures.





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DR. SPOCK NEVER PROMISED US A ROSE GARDEN

What happens when a man and a woman allow the joy of making love to lead to something as dangerous as children.

by Bill Cosby

When a man has children, the first thing he has to learn is that he is not the boss of the house. I am certainly not the boss of *my* house. However, I have seen the boss' job, and I don't want it, for sometimes the boss ends up sitting alone in a room and talking to herself as if the enemy were there: "What do you *mean* you don't want to do it? When I *tell* you to do something, you *do* it, and you don't stand there practicing for law school!"

In spite of all the love, joy, and gratification children bring, they do cause a certain amount of stress that takes its toll on parents. My wife and I have five children, and the reason we have five is that we did not want six.

Before we were married, my wife was a stunningly beautiful woman. Today she is a stunningly beautiful woman whose mouth droops and who has conversations with herself. She also sounds like my mother: "I'm gonna knock you into the middle of next week!" The middle of next week, by the way, is where their father wouldn't mind going: I would have four days by myself.

From time to time, my wife also threatens to knock the children to Kingdom Come. If she ever *does* knock them there, she's going to ask me to go get them, and I will not know where it is.

"You know where it is," she'll say. "You just don't want to find them."

You new fathers will learn that almost all mothers are like my wife and have conversations with themselves. These maternal monologists, however, have developed a lovely retaliation. They put a curse on their children: *I just hope that when you get married you have children who act just like you.* (And, of course, the curse always works, proving that God has a sense of humor.) My own wish is not a curse but a simple prayer: I just want the children to get out of the house before we die.

There is no wisdom I can give you new fathers more profound than what I said at the start: you are *not* the boss of this house that you want the children out of within 30 years, and you are *not* allowed to give them permission for anything. When one of them comes to you and says, "Dad, can I go explore the Upper Nile?" your answer must be, "Go ask your mother."

Only once did I make the great permission mistake. One of the children came to me and said, "Dad, can I go out and play?"

"Sure," I replied. "I don't see why not."

That was the last time I couldn't see why not. My wife came in and said, "Did you let that child go out?"

"Yeah," I said.

"Well, the next time you check with *me*. He's being punished."

From that day on, I knew my place; and whenever a child starts to say, "Dad, can I . . ." even though it's my name, I always reply, "What did your mother say?"

And even if the child says that she got permission, I still say, "Very fine. Just bring me a note from your mother. It doesn't have to be notarized. A simple signature and date will do."

Ironically, even though the father is not the boss of the house, the mother will try to use him as a threat: "When your father comes home, he's going to shoot you in the face with a bazooka. And this time I'm not going to stop him."

My Wife's Clean Hands

You see, the wives *pretend* to turn over the child-raising to us fathers, but they don't really mean it. One day my wife said to me, "He's *your* child. I wash my hands of him."

Where is this sink where you can wash your hands of a child? I want to wash my hands too, and then the boy can go free.

For someone who supposedly had washed her hands of the child, my wife still sounded unwashed to me.

"You go and talk to him right now."

"I certainly will," I said.

"But the thing is, Bill, you always let him have his own way."

"Look, you've washed your hands; he's not yours, he's mine. So let me handle it."

"I want you to be hard on him."

She was singing this song now; but three years before, when I had wanted to set him on fire, she'd said, "Oh, *please* don't. He's such a little boy."

And I had said, "No, burn him now."

Yes, amid all the love, there are still dark threats in any normal family, especially if a man and woman have been reckless enough to allow the joy of making love to lead to something as dangerous as children.

The problem is consistency: there isn't any. New parents quickly learn that raising children is a kind of desperate improvisation. If *I* ever get angry at the children, my wife collects them under her wing and says, "Come away with me, darlings. Your father's gone mad."

Of course, people who spend more than six minutes trying to discipline children learn that consistency and logic are never a part of things. Usually, however, my wife gives the orders in our house. Late one afternoon, I came home from playing tennis, gave her a warm kiss on the cheek, and said, "How ya feeling, pud?"

And she softly replied, "I want you to go upstairs and kill that boy."

"Very fine," I said, feeling pretty happy because *I* wasn't the one in trouble.

When I reached the boy's room, we had a nice, thoughtful talk, one in which he could not remember when he had shaved his head; and then, being a father who likes to probe to the

continued on following page

From the book **Fatherhood** *by Bill Cosby.*
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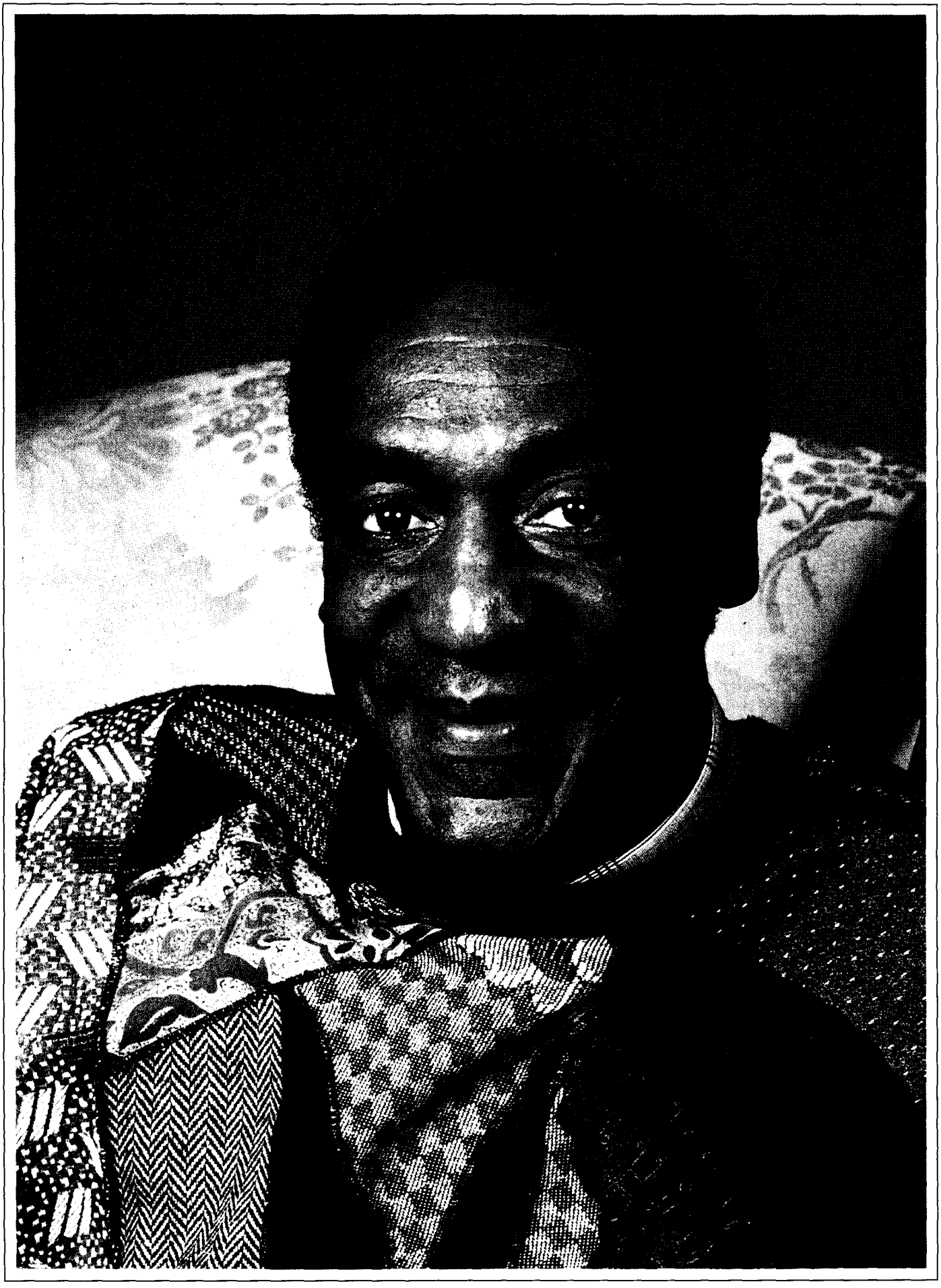

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very souls of those I love, I said, "So tell me, son, how are things?"

"Okay," he said.

"Is there any problem you'd like to discuss with dad?"

"It's okay."

And, as every father knows, "Okay" means "I haven't killed anyone."

Such descriptions of his own good behavior do not seem to stop his mother from making the poor boy the target of a hit, and I'm not the only one with a contract. His four sisters—two older, two younger—are also interested in wiping him out. Because some girls are both cleaner and more mature than boys, they had a meeting recently about his habit of leaving the toilet seat up. They conducted this meeting with the maturity that they all possess, and when it was over, they decided to fix him. You see, the two most important things to the American female are man's prevention of nuclear war and man's putting the toilet seat down. Their brother can't seem to learn the latter and may have to pay the ultimate price.

A father has a right to get tired of such constant sibling rivalry. Unfortunately, a father's job is to *not* get tired of what he has a right to get tired of: for example, small people who keep doing things that you tell them not to do, and who, when you ask them why they keep doing these things, reply, "I don't know."

It is also possible to get tired of a small person who yells to another, "Will you stop *touching* me!"

"What's going on?" you say.

"She's *touching* me!"

"Look, don't touch her anymore, okay?"

"But she touched me *first*."

And then you resolve the dispute with wisdom worthy of Solomon: "I don't want anyone in this house to touch another person as long as you live."

Tales from the Funny Farm

No matter how calmly you try to referee, parenting will eventually produce bizarre behavior—and I'm not talking about the kids'. *Their* behavior is always normal, a norm of acting incomprehensibly with sweetly blank looks. But *you* will find yourself strolling down the road to the funny farm—like my mother, who used to get so angry that she would forget my name.

"All right, come *over* here, Bar—uh, Bernie . . . uh, uh—Biff . . . uh—what *is* your name, boy? And don't lie to me 'cause you live here and I'll find out who you are and take a stick and knock your brains out!"

All during my stormy boyhood years, I wanted to get some calves' brains and keep them in my pocket. Then, when my mother hit me in the head, I would throw them on the floor. Knowing her, however, she merely would have said, "Put your brains back in your head! Don't *ever* let your brains fall out of your head! Have you lost your *mind*?"

And thus, in spite of the joys that children do bring, parenting takes its toll on both father and mother. Mothers have sometimes even been driven to what I call anticipatory parenting. They ask a child a question, he tries to answer, and they say, "You shut up! When I ask you a question, you keep your mouth shut! You think I'm talking to hear myself talk? *Answer* me!"

This is a pitiable condition in a mother, but my hold on my own sanity has also been a tenuous one because of the behavior of what was created by a few delightful seconds of sex. Believe me, I have paid for those delights. My three-year-old, for example, used to grab things belonging to her close relatives and cry, "Mine! Mine! Mine!" It was a sound that ricocheted through the house for a while and then went up your spinal cord: "Mine! Mine! Mine!" If you followed the sound to its source, you would always find an older child pulling on the end of what the three-year-old had stolen, saying, "You took this from my *room*!"

"Why don't you let her have it?" I would tell the older one. "Don't you hear how it's upsetting her?"

Okay, so I *haven't* been Solomon, perhaps because I've felt more like Noah—just lost at sea. But the truth is that parents are not really interested in justice. They just want quiet.

No matter how much the pressure on your spinal cord builds up, *never* let these small people know that you have gone insane. There is an excellent reason for this: they want the house. At the first sign that something is wrong with you, they will take you right to a home.

When I reach 65, I plan to keep a gun in my hand, for I know that the moment I spill something on my lap they'll come to me and say, "We're sorry, dad, but you can't control yourself, and you've got to go."

Whether or not I manage to avoid eviction, I hope that these young adversaries appreciate that my wife and I have tried not to make the mistakes that our parents made with us. For example, we have always been against calling children idiots. This philosophy has been basic for my wife and me. And we proudly lived by it until our children came along.

"Never let the small people know that you have gone insane," warns Cosby. "At the first sign that something is wrong with you, they will take you right to a home."

Cosby admits he hasn't been Solomon in settling the disputes of his five kids but more like Noah, lost at sea.

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FEVERS: FRIEND OR FOE?

Don't rush to lower a fever—researchers are still learning how high body temperatures can fight illness.

by Jim Haley, M.D.

Illustrated by Don Trawin

"You give me fever when you kiss me, fever when you hold me tight." When Peggy Lee sang those words in the 1950s, she was referring to the "heat" of passion, to "burning" desire. But what is the real physiological reaction called "fever"? Where does it come from and what is it good for?

Ancient History

The ancients noticed that although man and some animals remained warm, reptiles, amphibians, and fish seemed to attain only the temperature of their environment. Early philosophers concentrated on explaining why man was warm, why breath was warm even when the air inhaled was cold, why blood was warm even when the person felt cold. Because the only source of heat was fire, it was assumed that somewhere in the body a fire burned.

In early history, the location of the fire was thought to be the heart. But nobody knew just how the heart worked. In the second century A.D., the Greek physician Galen, drawing on ideas of earlier philosophers such as Plato and Hippocrates, concluded the function of the heart was to mix blood with inhaled air. This mixture created an incandescence, a biological flame, which heated both the blood and the air.

The ancients also deduced that when a body became ill, this flame burned brighter, causing more heat, which could be seen and felt on the skin as fever. Illness was supposedly caused by an imbalance of four body humors, which corresponded to an even older belief that all matter is composed of four elements: earth, air, fire, and water. In the body, these elements became blood, phlegm, yellow bile, and black bile. As the fire in the heart increased, it cooked the offending humor. Fever also aided the removal of humors by inducing combinations of vomiting, diarrhea, and sweating. The purpose of fever, Greek physicians believed, was to restore the natural balance of humors and to eliminate illness.

The ancients deduced that inside the body a fire burned and that when a person became ill, this fire burned brighter, causing heat—which could be seen and felt on the skin as fever.

The concept of fever as a hotter fire in the heart persisted until the Renaissance. Anatomists then proved there was no mixing of fire with humors, no residue of fire, and, ultimately, no fire in the heart. However, the purpose of fever remained unchallenged until the late 1700s, when many physicians became convinced humors didn't account for disease states. The explosion of medical and physiological discoveries in the 1700s and 1800s identified causes of fever.

Carl Leibermeister, a German physician in the late 1800s, was the first to redefine fever as a resetting of the body's natural heat to a higher temperature. The fever-reducing medications of the 20th century have given us a chemical means to study the source and purpose of fever more accurately.

The Body's Thermostat

How does the body control its temperature? In the past several decades, we have learned about a place in the brain, the hypothalamus, called the body's metronome because it controls both breathing and heartbeat. The hypothalamus is also responsible for controlling body temperature.

To conserve heat when we are cold, the hypothalamus keeps blood from the skin by contraction of the small blood vessels on the body surface and in the skin, a process called

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vasoconstriction. If this isn't enough, we shiver. Shivering is a very weak and rapid contraction of skeletal muscles, which produces internal heat to warm the body core. The skin looks pale and white when we are cold.

To lose heat the hypothalamus sends blood to the surface of the skin by opening the same small vessels, a process called vasodilatation. Heat is radiated away, and thus cooling of the body core ensues. If we are still too hot, we perspire to add evaporative cooling to the effort. The skin becomes flushed and pink.

We also have behavioral actions to help change our temperature. If cold, we curl up in a ball, put on more clothes, seek out warmth. If hot, we take off clothes, immerse ourselves in cool water, drink cool liquids. All these actions are done instinctively to attempt to keep our body temperature at its normal 36.5 °C. to 37.5 °C. (97.7 °F. to 99.5 °F.).

We now know that when we become ill a sequence of events leads to a change in the "set point" of the body's thermostat. Our white blood cells produce and release a small protein called EP—endogenous pyrogen (literally, "inside-the-body fire maker"). This protein acts indirectly on the hypothalamus to reset the thermostat at a higher temperature. Chemicals called prostaglandins are released and act in concert with EP. Some infections make toxins that also serve to reset the hypothalamus.

Although we know EP (the fire maker) and prostaglandins increase temperatures, they don't cause all fevers. They can't account for fever that comes and goes for many days and weeks for no obvious reason. EP and prostaglandins haven't been proved responsible for the occasional fever related to cancer. They also don't explain why fever rarely goes above 41 °C. (105.8 °F.). It isn't known how fire makers interact with cryogens ("cold makers") to restore the thermostat to its normal level. We just know that the system works.

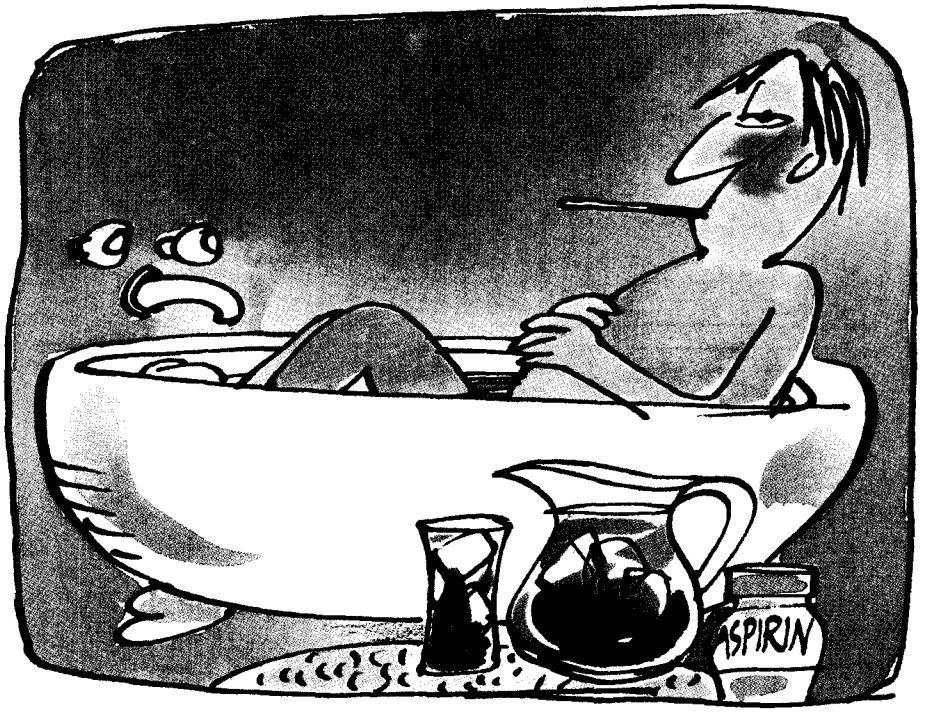
Some Good from Ill

O.K., so there are a lot of ways to get a fever. So what? It still makes us feel lousy. What good does it do? The verdict is still out, but we have learned some amazing things. We know now that even cold-blooded animals get fevers. How can this be when they can't even muster enough heat to keep their bodies warmer than the air around them?

Persistent investigation has answered that question. We know that lower animals have a hypothalamus that controls the temperature at which the body is comfortable. When an iguana gets infected, for instance, its hypothalamus is reset to a higher level, just as in a human. Because the iguana can't generate enough internal heat to reach this new level, how then does it show its fever? Researchers have discovered that an infected iguana seeks out warmer areas in its environment. It uses behavioral techniques to achieve the higher temperature—it develops a "behavioral fever." The studies, repeated for reptiles, amphibians, and fish, show the same results in each case: the creation of behavioral fevers.

Experiments have also shown that lower animals and higher animals demonstrate very similar febrile responses—too many to be coincidence. As examples, fevers in lower and higher animals develop secondarily to the same stimuli; both groups have very similar fire makers (pyrogens); fever-reducing drugs work equally well on both groups. Because reptiles and mammals have existed as separate groups for at least 200 million years, these similarities suggest that the body reactions which produce fever must be even older. The fever response has been around and stayed around for a long time.

Because reptiles' reactions are similar to man's, we are able to use



Taking aspirin to lower fever from a cold or using an ice bath to reduce a moderate temperature is *not* a good idea. Instead, drink plenty of fluids and eat well to help counter water loss and calorie depletion.

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them to study fever. This has allowed us to learn that fever has some benefit to us. For example, if we prevent fever in response to infection, we find that 75 percent of infected reptiles die. If we allow the fever to exist, only 25 percent die. Fever allows our natural defenses to be more efficient. White blood cells are more mobile and more aggressive killers of infecting organisms. Other elements of our immune system work better at high temperatures, and even interferon, our body's natural antiviral and antitumor drug, works better at elevated temperatures.

How to Treat Fever

If preventing the febrile response in animals causes three times more deaths, there are some obvious questions we should ask about preventing it in man. When should we treat fever? How high need the temperature rise before we worry? Are we, in fact, interfering with our natural infection fighters when we reduce temperature? Unfortunately, these questions have no good answers. We do know that prolonged high temperatures in man can cause degeneration of cells in all organs, and if enough cells are killed the person may die. It would seem advantageous, therefore, to treat temperatures at or above 41 °C. (105.8 ° F.). But what about fever less than 41 °C. (105.8 °F.) in an adult or sick child? What about low-grade fever for many days? The best course is to consult your family physician in these cases.

Before that consultation there are a few guidelines to follow, however. Fever is usually a symptom of some other problem. The nature of the fever will help identify the disorder. But if you obviously have a cold and your temperature is 38.5 °C. (101.3 °F.), it may not be a good idea to take medicine to lower the temperature.

- Never give aspirin to children with a fever and signs of chicken pox or influenza unless it is recommended by a physician. Doing so carries a risk of the child's contracting Reye's syndrome, a debilitating and sometimes fatal complication.
- Under no circumstances use an ice bath or even cold water to lower moderate fevers in an adult or, especially, in a child. (The temperature difference between the child and the ice is so great that the body thinks it's cold, makes goose bumps, and begins to shiver. These two actions cause the real body temperature to go *up*, not down!)
- Because fever causes water loss and burns up calories (energy), always be sure to drink plenty of fluids and eat as well as you can.
- Most important, if the fever a) persists after several days, b) stays above 39.5 °C. (103.1 °F.), or c) causes convulsions, consult your physician about what to do next.

Research has shown us some of the ways we get fevers. We have seen some of the effects of fever on behavior. There is a biological value to fever, but we don't know exactly what or why. Additional research is needed to learn more about fever. But scientists needn't apologize for unanswered questions. After all, poets and philosophers are still at a loss to explain why some people get "fever in the morning, fever all through the night."

When we are cold, warm blood is kept from the skin by the contraction of small blood vessels. If this doesn't do the trick, we produce internal heat by shivering. When we're hot, the small blood vessels dilate; the next step is perspiration.

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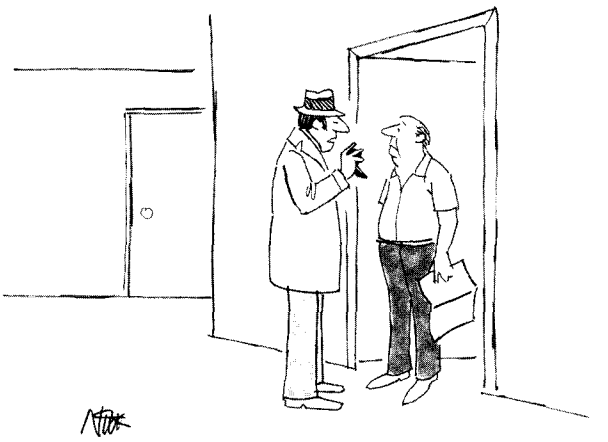
CAUGHT IN THE ACT

"And where were you when that lady cut me off in aisle four?"



"PBS pledge collection agency."

"By golly, you're right. This is a license to steal."

"I caught her in the mall without any credit cards!"

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Part II

AT HOME WITH JULIE AND DAVID

They're managing to live like an ordinary suburban couple while living up to their famous family names.

by Ben Yagoda

Editor's note: Once famous for who they were, the daughter of Richard M. Nixon and the grandson of Dwight D. Eisenhower, Julie and David Eisenhower are now famous in their own right as authors—she for Pat Nixon: The Untold Story *and he for* Eisenhower: At War 1943-1945.

One of the persistent issues of American life has always been vocation. Emerson, to pick a classic example, spent most of his 79 years wondering exactly what he was going to be when he grew up. In the land of the free, where all options are open, the act of choosing one's lifework paradoxically becomes more difficult.

This was certainly the case with David Eisenhower, who, as the bright and nice grandson and son-in-law of two different presidents, would seem to have had the whole world open to him. But, as he almost always realized, privileges can very easily turn into burdens.

His father, John, had faced similar pressures, having always worked for and lived in the shadow of his own father, the general-president. Only after Ike died in 1969 did John, then 47, embark on what was to become his real career—writing. He has published two books of history and one autobiography, and he is currently at work on a study of the Mexican War. John moved to the Philadelphia area with his wife, Barbara, and David and his three sisters in 1964, for a brief stint as executive vice president of the Freedoms Foundation in Valley Forge. Since then the Eisenhowers have lived in Phoenixville, with time out for John's periodic stints of public service, notably as ambassador to Belgium under Nixon and as a chairman of a Ford-administration commission to help relocate Vietnamese refugees.

David was the next to have to live up to the family legacy, which would manifest itself in ways he couldn't anticipate. He had, for example, applied for college to Amherst simply because the school appealed to him. Only after he enrolled was he made to understand that he would be the first male Eisenhower in memory not to go to West Point. "I didn't realize until I was 18 that I was disappointing anybody," David told Steve Neal, the author of *The Eisenhowers: Reluctant Dynasty,* "and it turned out I disappointed *everybody.*"

But David did serve in the military after all. In college, he had found himself in the position of defending the war in Vietnam; after graduation, because of his low number in the draft lottery, he found himself one of the few men of his social class who actually had to face *going* to Vietnam. So he enrolled in the Naval Officer Candidates School and served for two years and five months as a lieutenant junior grade, part of his time spent as an intelligence officer aboard the guided missile cruiser U.S.S. *Albany.* Another disappointment. An Eisenhower man in the navy.

He received his discharge in May 1973 and again faced the question of what to do. He applied for admission to the law school of George Washington University and got in, setting off a student protest at his "special treatment." (Still in the navy that winter, he had missed the official deadline for applications.) But the start of classes was still four months away, and when the opportunity arose to write a weekly column for the *Philadelphia Bulletin* on his lifelong love, baseball, he snapped at it. Immediately, 40 students at the Columbia Journalism School, all of whom had applied for jobs at the *Bulletin* and been told there were no openings, wrote a letter protesting

The close-knit Eisenhower family of David and Julie, Jennie, Alex, and Melanie find that life is a ball when they all get into the swing of things.

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the Eisenhower appointment to the managing editor, George B. Packard. Packard's tongue-in-cheek reply merely noted that his middle initial was not B., but P.

"Dave" Eisenhower (as his byline jauntily read) faced a certain amount of resentment from his colleagues, too. "I didn't share management's enthusiasm for the idea," says Herb Stutz, then the sports editor of the *Bulletin*, "but I didn't have much choice in the matter. Needless to say, the professionals on our staff took exception. It bothered them that a young kid could come off the street with no experience and get a plum job like this."

Things weren't any better in the clubhouse, where from the start, David seemed somehow out of place. On his first day, the veteran baseball scribe Ray Kelly introduced him to the Phils' manager, Danny Ozark, who grunted but made no other sign of recognition. As David walked away, Kelly hurriedly explained to the manager exactly *which* David Eisenhower the cub reporter was. Ozark's classic reply: "Well, just as long as he minds his own business, he won't get no trouble from me."

The truth was, David *did* mind his own business—exactly what you would expect from a nice guy, but a deadly course of action for a journalist. "I'm just not very aggressive," he told a *Newsweek* reporter at the time. "I've been interviewed too much. I know what people don't want to be asked and I don't ask it." As a result, his pieces were rather detached. "He was more an essayist than a journalist," Stutz says. This was not terrible—David had an enormous store of baseball knowledge, some of it accumulated in the summer of 1970, when he worked as a statistician for the Washington Senators, and he was a decent writer. But by the end of the summer, neither he nor anyone else expected him to make a return trip to the press box.

During her years as an editor at the *SatEvePost*, Julie found time to prepare *Julie Eisenhower's Cookbook for Children*.

And, at that moment, there were more pressing matters in Washington. By the spring of 1973, the scandal that was to be Richard Nixon's Waterloo had broken; on May 17, the Senate Watergate Committee began its nationally televised hearings.

David and Julie were needed. For a nominal rent, they moved into a $127,000 Bethesda, Maryland, house owned by the president's friend, Bebe Rebozo. But they began to spend more and more of their time at the White House.

It was an unprecedented period in the history of the American presidency. Each day brought a new, damaging charge; as the year wore on, pressure grew on the president to defend himself and, eventually, to resign. As one after another of his staff and supporters abandoned ship, it fell to the First Family to provide not only support but also advice.

David dealt with the pressure in various ways. He tried to intellectualize the crisis, taking apart each day's charges and subjecting them to minute scrutiny. "Being analytical was my defense mechanism," he would say years later. It didn't surprise anyone who knew him that he also let off steam by playing games—bridge, the board game Diplomacy, wiffle ball. His favorite was a complicated dice game called APBA, which simulated major-league baseball; he was lost in it for three or four hours a day. (David still plays APBA, now in a league with City Councilman W. Thacher Longstreth and other Philadelphia notables.)

Julie was more emotional. She was the president's staunchest, most unbending supporter. Not only did she refuse to admit that her father had done anything wrong—she also took each charge as a personal affront.

By the summer of '74, everybody knew that it was only a matter of time before the president would have to leave office—everybody, that is, except the president and his daughters. David still persisted in pointing out the pluses and minuses of every issue; now, it seemed, the pluses for resignation outweighed the minuses. Until the president relieved the tension by resigning on August 9, observers were wondering which would last longer, Richard Nixon's presidency or David and Julie Eisenhower's marriage.

Asked what effect the experience had on her outlook, Julie Eisenhower says only this: "I've learned that life is difficult, and the more I know about life, the more I know about the tragedies people have."

If there is baseball in little Melanie's genes it's probably the result of Daddy Dave's stint at writing a weekly sports column for the *Philadelphia Bulletin*.

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"No. 4: Julie Nixon Eisenhower"
—Good Housekeeping Poll
of the Most Admired Women
in America, 1974

Before Watergate, Julie—a part of perhaps the first generation of women who were not only permitted but also *expected* to work—faced vocational issues of her own. She had always loved children; after college she got a master's degree in education, and in 1971 she took a job as a grade-school teacher in Washington. On her second day, however, a cart loaded with books rolled on her foot and broke her toe, and she never went back. This seemed unfortunate at the time, but later would seem a blessing. "I was such an oddity," Julie says. "The people were lining up to see the Secret Service men. The whole thing was such a circus. It would have been very difficult to continue."

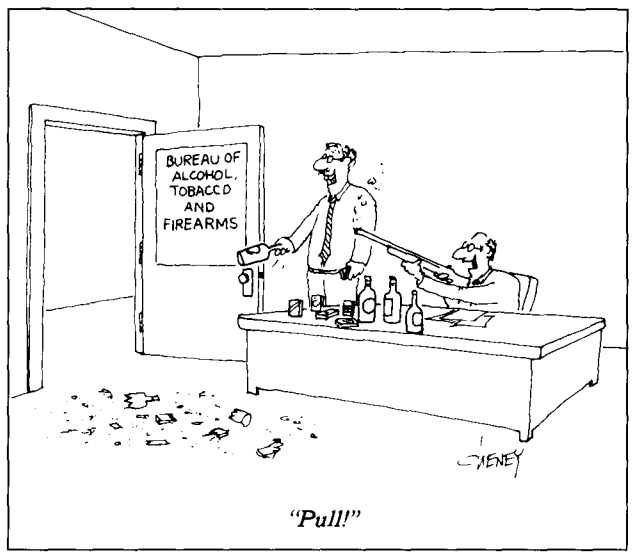
After her father's resignation, Julie was involved in a variety of projects. She was an assistant editor for *The Saturday Evening Post* for a couple of years. She designed and marketed needlework kits. She wrote several magazine articles and two books: a cookbook for children, and *Special People*—portraits of Mao Tse-tung, Prince Charles, Anne Morrow Lindbergh, Ruth (Mrs. Billy) Graham, Golda Meir, and Mamie Eisenhower—which was published in 1977.

Three other significant events occurred around that time. Julie and David had their first child, Jennie. After David graduated from law school, the couple moved to Capistrano Beach, California, a short distance away from the Nixons in San Clemente. And David signed a contract with Random House to write a biography of his grandfather (*Eisenhower: At War 1943-1945*).

All through his vocational wanderings, David had had it in his mind to follow in his father's footsteps: as early as his freshman year in college, he wrote on a questionnaire that his intended occupation was "writer." And now was the time to act on his ambition. "We had one chance for a book of some kind after Mr. Nixon left office," David says, referring to his father-in-law in the way he always does. "The question was, what kind? The Watergate thing had just ended. I could have dashed something off, like everybody else was doing. But I decided I should wait until I truly understood what it was all about, until I could talk about it in a way that I'd never want to take back.

"I had been interested in my grandfather's life for some time, and when I met Jason Epstein [the editorial director of Random House], I knew that this was someone who could really challenge me."

David got an advance in the neighborhood of $275,000. The money has had to last for a long time, for the project became a "twilight zone" (David's phrase) from which he thought he'd never emerge. A perfectionist, he estimates that each chapter went through 20 drafts. And the book kept expanding. Originally planned as a one-volume work, it grew to three—the war years, the first administration, the second administration. The final book won't be out until around 1993.



"Pull!"

Five years ago, David and Julie moved back east from California. He had finished a first draft, "and I felt I had to be pushed a little bit. I'm sure you can be pushed in California. We just didn't know how to be."

They decided on Philadelphia, the home of his parents—and his ancestors. (Nicholas Eisenhower, a German immigrant, settled in Bethel, Pennsylvania, in 1741. The family stayed until 1878, when Jacob Eisenhower moved to Abilene, Kansas. His grandson Dwight David was born 12 years later.) They settled on a Main Line building on the grounds of the old Cassatt estate; it was described in the real-estate ads as a carriage house, but it seems more like a chicken coop—narrow, sprawling, and flat.

They will stay there for the foreseeable future. The Eisenhowers have just celebrated their 17th wedding anniversary—a long time by any measure, but even longer when you consider what they have been through together. It's not surprising, then, that in private they mesh so easily and so well. He speaks in a kind of verbal stutter step, always clearing his throat or giving a nervous laugh, always fumbling for the right word or phrase. She rushes in to finish his thoughts and sentences with a flurry of words. The overall effect is one of becoming intimacy.

Now that Julie has finished with childbearing, she has moved into high gear. Not everyone could complete a full-length manuscript with three children in the house. The only unfortunate thing about her new book about her mother (*Pat Nixon: The Untold Story,* Simon and Schuster) was Pat Nixon's reticence. "She just doesn't like too much attention to be paid to her," Julie says. "But she cooperated because she loves me and she knew I wanted to do it." With the biography finished, Julie has stepped up her activities on behalf of the Please Touch Museum in Philadelphia and the National Adoption Center, a nonprofit organization that helps find homes for "special needs" children.

And David? Has he finally found his vocation? He will be occupied by chronicling his grandfather's life for the near future. He also likes being around Penn, where, he says, "nobody knows me except my students and the professors in the two offices next to mine. It's interesting to see a campus in normal times." He may go for a Ph.D. and a permanent academic slot. Beyond that, there's no telling. He may attempt that Watergate book—or one on Mr. Nixon. "That's the logical destination," he says.

And if the literary life seems unpromising, there is always politics. Yes, politics. The issue has come up before. In 1974, David was ap-

continued on page 80

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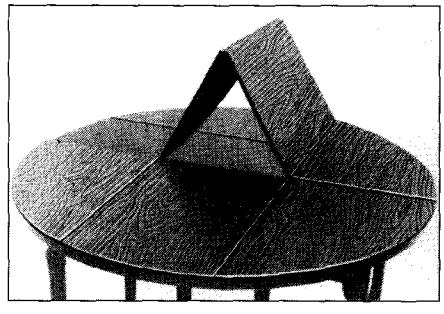

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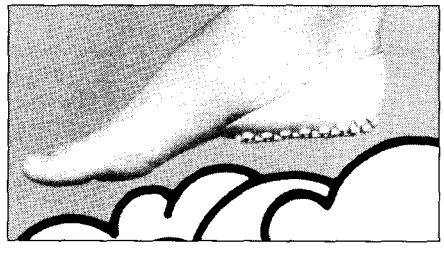

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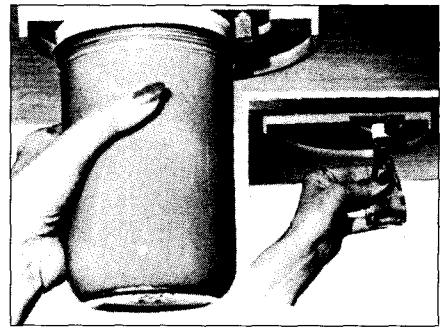

Slip your jar into the Un-Skru until it wedges; then turn the jar. One-hand operation for lids ranging in size from ½" to 5" wide. Made of plastic with a steel "gripper." $7.50 plus $1.00 postage; 2/$14.50 plus $1.45 postage. Order from Holst, Inc., Box 370, Dept. SPO-387, 1118 West Lake, 111-F, Tawas City, MI 48764.

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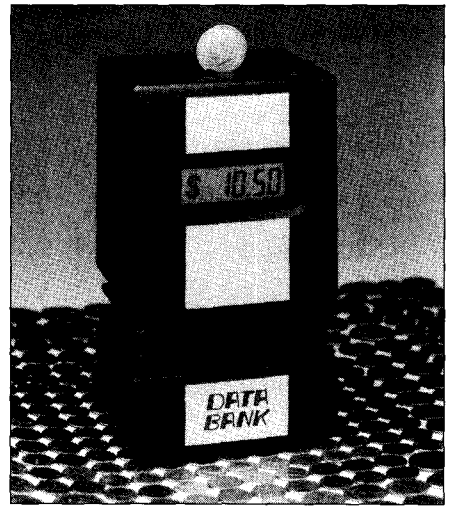

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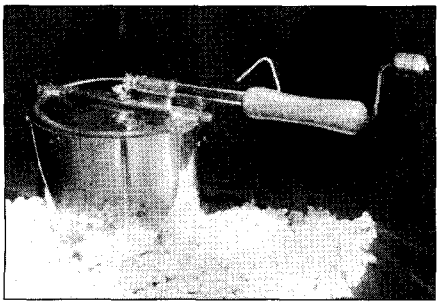

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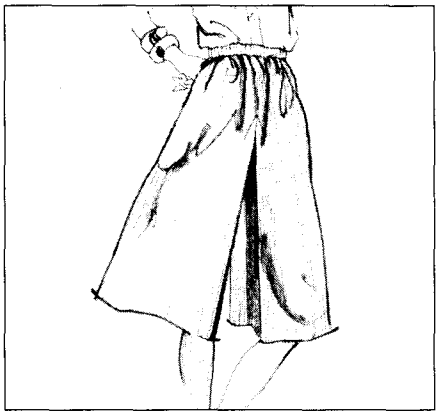

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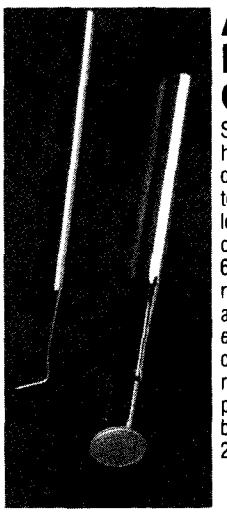

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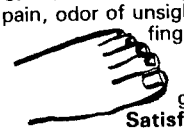

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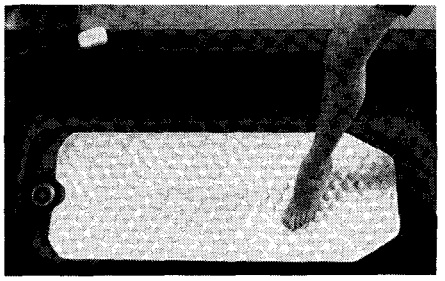

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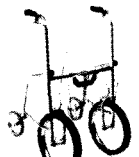

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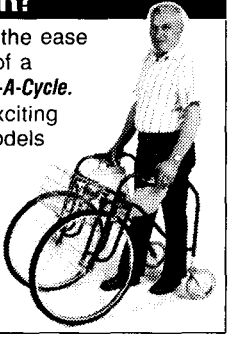

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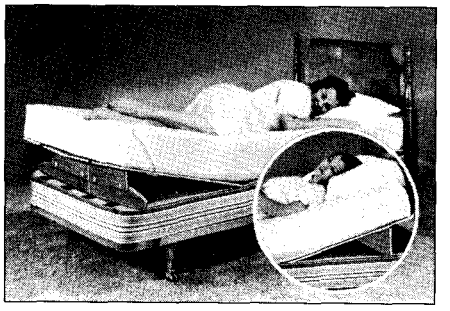

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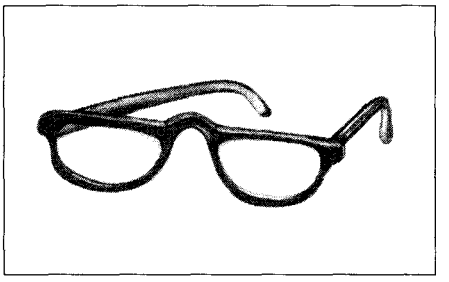

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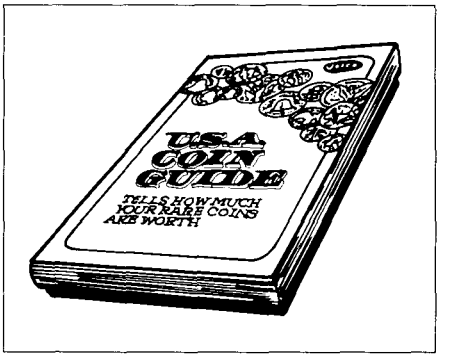

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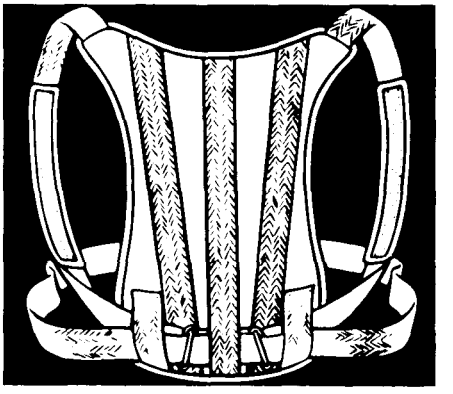

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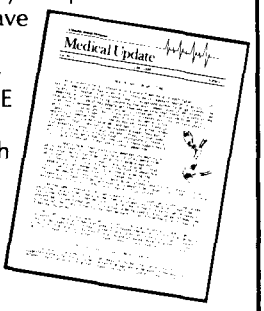

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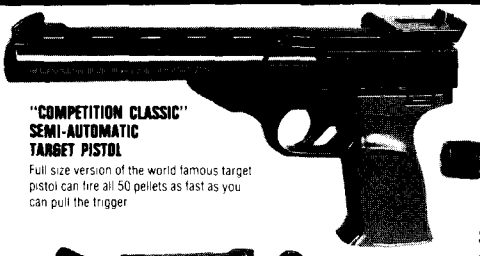

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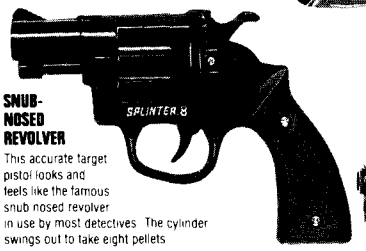

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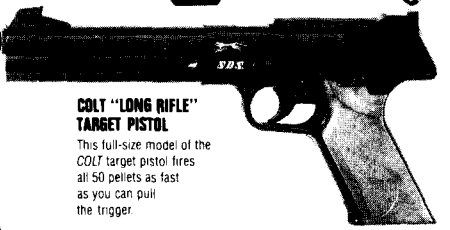

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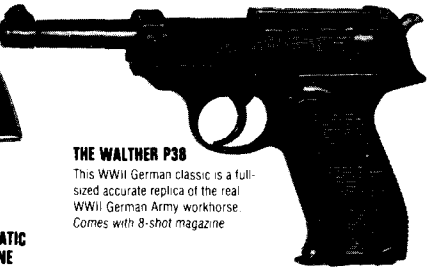

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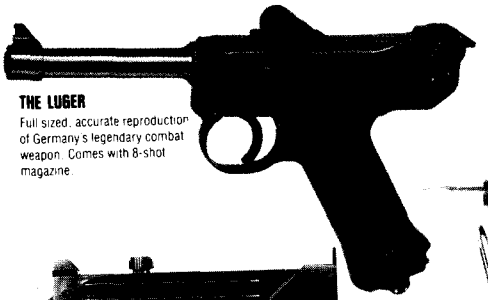

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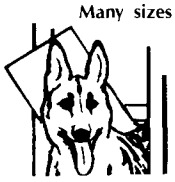

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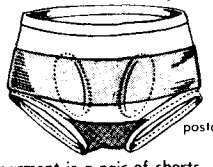

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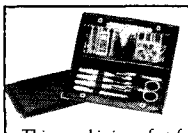

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Battle

continued from page 23

ful a periodontal treatment will be, regardless of what technique is used. The first is frequent follow-up visits to the dentist for maintenance and checkups. The second is the ability of the patient to perform excellent bacteria control at home." By excellent bacteria, or plaque, control, Dr. Wright means proper brushing and flossing. "They are the basic techniques that we use to prevent the disease process," he explains.

"Most people don't understand the full impact of improper brushing and flossing," Dr. Barrington says. "Plaque control done properly once a day is more than adequate. Done improperly, even three or four times a day is not going to make a difference."

"You want to get as many bristles of the toothbrush as you can into the crevice where the tooth comes out from the gum tissue," Dr. Rosenbaum explains. "Then vibrate those bristles to break up the bacterial plaque. The most efficient way to do this is to take the brush at a 45-degree angle and aim it right where the tooth comes out of the gum. Then wiggle it and roll it away from the gum to sweep away the plaque." He adds: "Even if you go to a dentist twice a year for a cleaning, if you're not brushing properly, the inflammation of the gums will occur due to the build-up of plaque."

"Prevention is the key to success in controlling gum disease," Dr. Wright says. "If you let it progress to its later stages, gum disease becomes a difficult, and sometimes impossible, disease to treat, and you may end up losing all your teeth."

So don't ignore the warning signs. Remember, you only get one set of permanent teeth, and they're meant to last a lifetime.

Hugging

continued from page 28

person is disappointed in love or when his sense of security is threatened. Investigators also point out that the use of milk, which tends to symbolize security, increases during times of stress. Milk is associated with the care and affection received in infancy.

7. Heavy petting pays off, too. Man's best friend may be more than a

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friend. He may be a sort of holistic healing on all fours. "Talking to pets can reduce your blood pressure," says Dr. Aaron Katcher, a former associate professor of psychiatry at the University of Pennsylvania. "When you're talking to and touching animals, it becomes stress reducing," he said.

It's O.K., in other words, to let your cat or dog play the heavy in your love life. Katcher adds, "Certain social conventions prevent people from touching each other. Animals are a means of expressing this need—a way of getting a kind of comfort that for many people may not be otherwise available."

8. Seal it with a kiss—you'll live longer. "Close emotional ties with either family or friends prove to be an important factor in long-term survival. Among the elderly, it appears that having someone to either love you or nag you really adds to mental alertness and life spans," says Dr. Robert Samp, assistant professor of health science at the University of Wisconsin in Madison.

9. Don't rock the love boat. The longer you hang in there, the healthier you'll be. *Falling* in love may be dangerous to your health, a study by the sociologists Theodore Kemper and Roslyn Bologh concludes. Men and women involved in romantic entanglements are three times as likely as those who are not in love to have skin problems and nervous ailments. "People whose love relationships are of recent or short durations," Kemper says, "take more nonprescription drugs than others and suffer from more minor illnesses like colds, headaches, and upset stomachs. They are also more likely to have sleeping problems."

10. Don't forget the foods of love. There are lots of them. Throughout the ages, the following foods have enjoyed the reputation of getting you into the mood of love: honey, asparagus, caviar, ginseng, oysters, garlic, eel, celery, artichokes, white beets, carrots, swallow's nest soup, cloves, peppermint, nutmeg, tomatoes right off the vine, absinthe, and chocolate.

There you have it—ten of the best reasons in the world to put a little love in your life.

Frances Sheridan Goulart is the author of 12 books, including Eating to Win: Food Psyching for the Athlete *(Stein & Day),* The Caffeine Book *(Dodd Mead), and* Nutritional Self-Defense *(Dodd Mead).*

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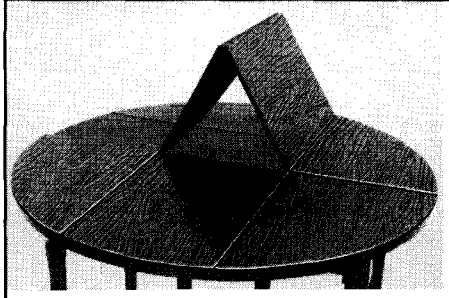

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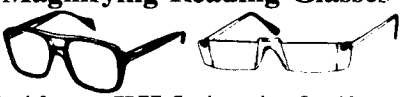

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Julie and David

continued from page 70

proached to run for Congress from the central Pennsylvania district that included his grandfather's Gettysburg home. But at 26, he felt he was too young, and the wounds of Watergate had not yet begun to heal. Coincidentally, David's father, John Eisenhower, was asked to run for Congress from the Fifth District that same year. He, too, declined, just as he had bowed out of the Pennsylvania governor's race four years earlier and four years before that. "It doesn't seem logical or right for me to seek public office," he said at the time. "I'd be running strictly on the old man's name."

David does not seem as adamant as his father. For one thing, he views politics as a game only slightly less engrossing than APBA baseball. "He loves elections," Julie says. "It's like Christmas night. He sits there with his yellow pad and counts up all the returns. He was crushed the last two [presidential] elections because they were so one-sided he couldn't stay up all night."

"I'd consider running in certain circumstances," he says. "Let's say we achieved a certain amount of prominence professionally and someone approached us and said, 'There's something that needs to be done,' and we had an idea how to do it. We'd consider."

"But it isn't very likely that that will happen," Julie breaks in.

"Right," David says. "Right now we're not considering it in any way, shape, or form."

But anybody who thinks David has ruled it out forever should consider one thing. In the summer of 1974, as he was preparing to leave the White House for the second time, he wrote a message on a piece of paper and stuck it behind a hanging picture. The message was a familiar one, and it was accurate the last time he left it. It said, "I shall return." ★

Countess

continued from page 40

Didn't the King tell you? Little joke of his. You gave the Devil of Bellême some bad moments, Mathilde. I had a little talk with him before they shipped him off to exile after Shrewsbury surrendered. When you told him the earl was safe, and that you knew where he was, he thought you meant me, see? So he hustled back to find out, and the King's men closed in on him. They were all for hanging him, but he's stripped of his lands and his power. He'd rather be dead, I haven't a doubt."

Mathilde rose up slowly. "You've been . . . belowstairs. Do you mean he . . . hurt you?"

"Some," the earl said wryly. "First for his own fun, and then he wanted to get the Averney Treasure. That's why he didn't kill me. Dead men can't help you get rich. By the way, I've seen Sir Raymond. That was a nice bit of work you did at Averney Castle, Mathilde. And where have you been, if I'm not too curious?"

She told him. It occurred to her that this was the longest conversation they had ever had without yelling. He made no scornful comments at all. He asked numerous questions and then said curiously, "What did you say when Bellême threatened to blind me before you?"

"I thought he meant William; I didn't know you were alive, messire. And I knew William was safe, if I could only——"

He leaned forward suddenly, scowling. "He didn't . . . hurt you?"

"He—uh—twisted my arm a little."

The earl uttered a loud bellow, quite like old times. "The swine! The dirty——Why, in the name of God, didn't you tell him and save yourself?"

"You didn't," Mathilde answered. "It wasn't the treasure. It was the principle of the thing. We can't give up what's ours just because somebody gets rough!"

He grinned at her. "Rather feel that way myself. Well, now, we're going to Medeham; I've got a hall there, small place. Far as I can go by horse litter, the doctor says. Can't ride, can't even walk yet. I won't spoil your hunting for you this winter, anyway."

"Wh-what did they . . . d-do to you?" Mathilde paled.

"Oh, they wrung me around on the rack now and again. Broke a sprocket on me once. Damned cold it was down there, too—enough to give you the rheumatics . . . .Mathilde! What's wrong?"

She had burst into tears of terror and fellow feeling.

"Stop bawling, Mathilde, damn it all! Look. When I was down there, I promised myself I'd have another try at you, if I lived. It's not very pleasant for a chap to realize his wife would just as soon be his widow! It's your own fault. You always acted as if I smelled bad, and I'm not going to bow and scrape around before a bit of a yellow-haired girl with her nose in the air."

"Oh!" Mathilde glared through her tears. "Just let me tell you——"

"I knew you didn't like me, and it made me sore as a saddle gall. I tried ignoring you. I tried to make you jealous. Maybe I should have beaten you. But I'd rather be married to you than to anyone else, and I'll try to behave better. I—er—I'm rather proud of you, Mathilde."

She said, reasonably, "Well, in that case I'll meet you halfway," and she bent and kissed him on the lips, slightly off-center.

The earl blinked and then looked resolute.

"Stoop down and I'll see what I can do with my arms," he ordered.

Dame Emma got tired of waiting at last and marched in with William, safe from the responsibilities of earldom for a while. "It's time for his

continued on page 106

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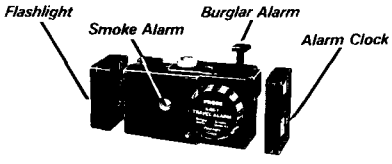

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FOOD

USING THE OLD BEAN

Packed with protein but low on fat, beans are the delicious answer to those who say meat can't be beat.

by Judy Chaves

While redesigning my kitchen last spring, I had quite a struggle persuading the general contractor to build as many open shelves as I wanted. His image of an efficient kitchen was one solid wall of cabinet doors to show off his skills as a cabinetmaker; mine was a colorful, inviting display—row upon row of glass jars to show off my wealth of dried beans.

Probably used to seeing Mason jars of beans put here and there for that "country" look, the contractor must not have realized that he was looking at weekly sustenance in the glass jars in my kitchen. My open shelves of beans are my source of inspiration, my side of beef in the freezer, if you will. They also provide me and my family with vitamins (notably the B group), minerals (including iron), fiber, and practically no fat. No other protein source, with the exception of grains, can boast as much.

For a tasty alternative to meat dishes, try Kidney Bean Burgers, spicy Hot Bean Dip, and Black Bean Soup.

I estimate my family of three eats an average of two entrees containing beans a week, plus lunches of leftovers and snacks—perhaps 20 to 30 pounds of beans a year.

We grow all our own beans because they taste better than those you can buy. (One gardener I spoke to describes them as "less metallic-tasting" than store-bought beans.) Unlike beans from the store, you know exactly how old your own beans are. Age has a great deal to do with cooking time: the longer a bean has been sitting on a shelf, the longer it will take to cook and soften. (That's why you can never go by the cooking times given in recipes: If your dried beans are young, they'll cook faster; if old, they'll take a lot longer—or they may never soften at all but crumble instead.) And, as with most other vegetables, you can grow many varieties you'll never find in stores.

Flavor differences among the varieties are subtle; nutritive values are practically identical (20 to 25 percent protein, 70 to 75 percent carbohydrate). One thing that varies is how they look. If you store your beans on open shelves, you'll appreciate the splashiness of Jacob's cattle beans or the surprising orange of Humason's Best.

A more important difference to the chef, though, is how beans react to being cooked. Dr. M.W. Adams of the Crops and Soils Department at Michigan State University in East Lansing says beans react differently to liquid and heat, depending on the chemical structures of their seed coats and cotyledons. Beans that stay whole while being cooked are regarded as good "bakers." They have strong, flexible protein structures that allow for expansion, so they absorb liquid without disintegrating. Other beans cannot absorb much liquid without their protein latticework falling apart. These beans tend to disintegrate, forming a thick, granular paste good for soups and dips. Most beans fall somewhere between the two categories.

You can use just about any bean for just about any kind of dish, but keep in mind the following nutritional points when experimenting.

1) Although most beans, if cooked long enough, will fall apart and become soupy, too long a cooking time can destroy some of the beans' available protein. So if you want to make soup with beans that tend to remain whole, form the broth by putting the cooked beans in a blender, rather than cooking them too long.

2) Any liquid that comes out of a bean contains valuable nutrients, so when using beans that fall apart, use them in dishes, such as soups, that retain that liquid. Use whole, nondisintegrating beans for such dishes as salads. The soft, cracked kidney beans so often seen in salad bars have lost many of their nutrients to cooking water.

Baking Beans

These varieties tend to retain their

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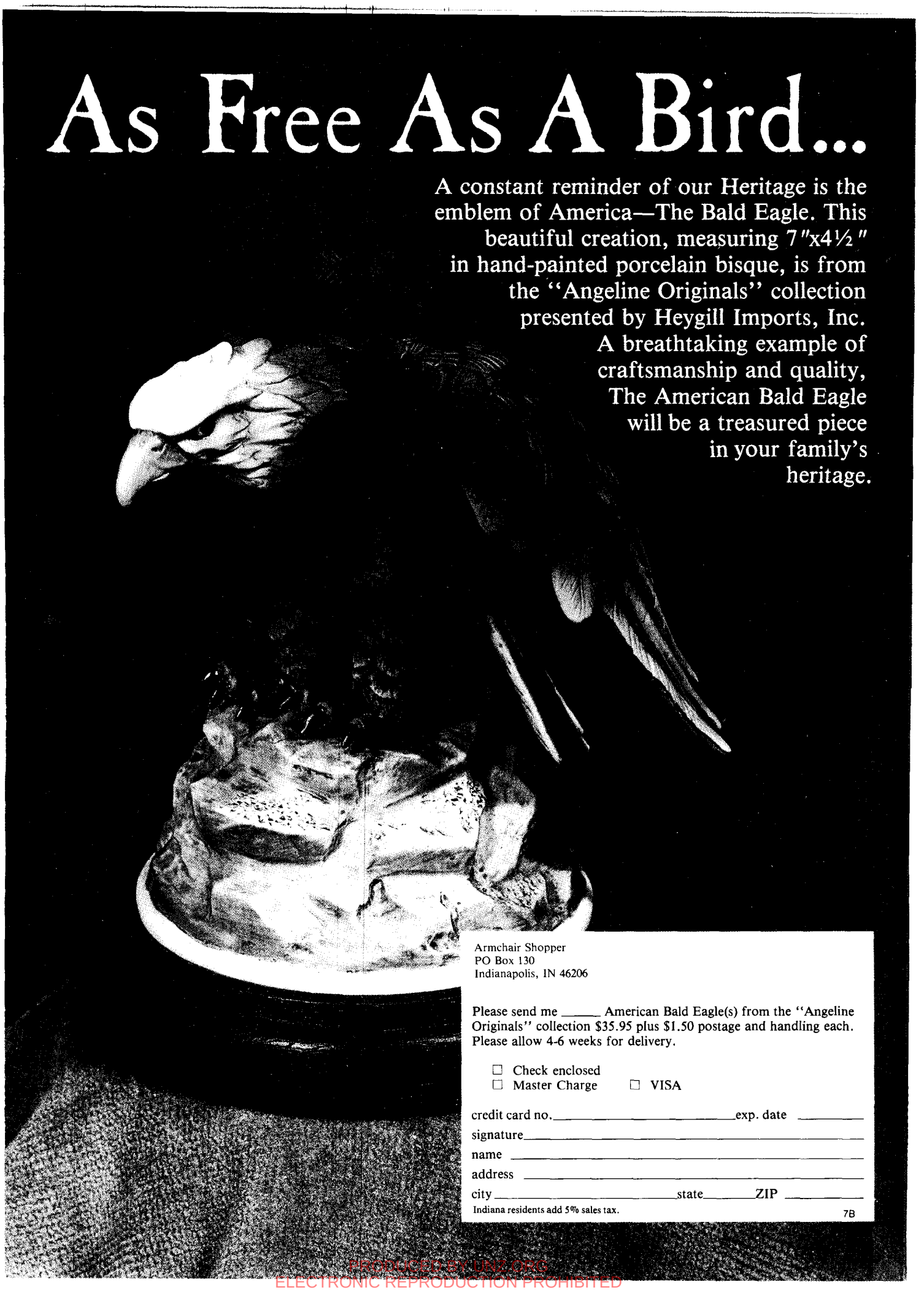

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shape when baked, some more so than others. Experiment until you find your favorite; don't ask your neighbor for advice, for of all bean varieties, "bakers" have the most loyal, closed-minded followers!

• Navy, Seafarer. Small white beans that hold together better than other varieties.

• Great Northern. Large white beans; though commonly used for baking, they tend to fall apart.

• Yellow-eye. White beans with a yellow and brown patch; a New England favorite for their rich flavor and slightly dry, granular feel.

• Swedish Brown. An unusual variety with a nutty flavor.

Growing Your Own Protein

Cultivation

Most bean varieties will grow anywhere as long as there is a 90-day frost-free season. Some varieties, especially some of the heirlooms, require even less time. Space is the only real problem: a ten-foot single row will yield only about one pound of dried beans; less, if the season is wet.

All varieties mentioned in the accompanying article are bush beans. (A few of the heirlooms may wander a bit but should be grown as any other bush bean.)

• Plant seeds in soil at least 60° F. unless seeds have been treated with fungicide that prevents rotting.

• Sow seeds 1 inch deep, 2 inches apart, in rows 30 to 36 inches apart; or 3 inches apart in rows 24 inches apart. If the soil is notoriously wet, give seeds a bit more room so plants can breathe.

• To avoid spreading disease, rotate beans; return to a location only after three years.

Harvest and Storage

Harvest. Let the plants reach full maturity and begin to shed their leaves. When 5 to 10 percent of the leaves remain on the bean plants and pods are dry, pull out the plants and store them under a roof in an airy spot for a few days. At the end of this time pods should be dry enough to snap like a twig when broken, and beans should crack a bit if you bite them.

Thresh. Place the cured plants in a large grain sack and tie the end. Jump up and down on the sack; walk on it; pick it up and slam it on the floor; or hang it up and flail it. (*Country Journal*, December 1981, tells how to make and use a flail.) Whatever method you use, your objective is to remove the beans from the pods.

Winnow. Remove the plant debris from the bag by hand. Sift the beans through ¼-inch hardware cloth. Using a finer screen, sift out the remaining dirt. Then pour the beans back and forth between two containers in a mild breeze or in front of a low-running fan. Spread out the beans and, by hand, pick out the bad, moldy ones as well as the broken ones.

Store. Leave the winnowed beans in an open bag outside until they are dry enough to crack like hard candy when hit with a hammer. (In areas where rain is likely, make sure the bag is under cover.) Freeze the beans for a day to kill any bean weevil eggs in them. (You won't see evidence of their presence.) Store the beans in jars, tins, or paper bags in a cool, dry place. If you fear the beans still aren't dry enough, don't tighten the jar or tin lids. Storing in a place too humid and warm can decrease the nutritive value of beans, increase cooking difficulty, and increase the chances of insect or mold development.

A ten-foot single row will yield about a pound of beans sure to taste better than those from your supermarket.

Soup Beans

These beans will either disintegrate or split to form a rich, granular liquid for soup. You can add any other beans for variety in texture.

• Great Northern. Often used in baking but meant to be a soup bean.

• Black beans. The most common beans grown in the world; retain their shape at first and become pasty with longer cooking.

• Kidneys. Familiar beans that come in various shades, from light red to dark.

• Yellow-eye. Though also bakers, can be used for soup.

Mexican Dishes: Chili, Refried Beans, Dips

Beans in this group will fall apart and become quite pasty; some, like the black and red Mexican beans, require longer cooking than others to reach a pasty state. This reflects the fuel-saving custom in some countries where cooks boil up big pots of beans at the beginning of the week and gradually refry the leftovers, which become pastier as the week progresses.

• Pink beans, pinto beans, red Mexicans. The three most common beans in Mexican cooking—their red color goes well with the meat in chili, and their gravy is rich and grainy.

• Black beans.

• Kidneys.

Pantry Pizazz

Many varieties (most often heirlooms) are full of color, unusual markings, and history, and they'll look great on your pantry shelf in glass jars. You'll want to cook them eventually (most of them are bakers), but storing these beans is at least half the fun. Here are a few:

• Jacob's Cattle/Trout. White beans with red and brown markings.

• Cranberry. Cream-colored beans with red and purple stripes.

• Soldier. White kidney beans with red brown "soldiers" on them.

• Appaloosa. Gold and white beans.

• Humanson's Best. White beans with orange markings.

• Kilham Goose. Half white, half

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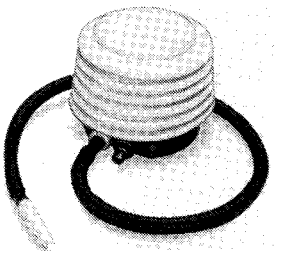

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purple beans.

Many of the above varieties work well as shell beans, but if it's protein you're after, let the beans dry. Green beans are 85 percent moisture; their protein is incomplete and soluble. Dried beans, on the other hand, are 15 percent moisture; in becoming mature seeds, their proteins have become complete and more stable.

Also keep in mind that all beans are short on the amino acid methionine. If you're counting on them as a main protein source, serve them with foods rich in methionine: rice, corn, wheat, sesame seeds, oats, barley, and dairy products. You'll find that bean-grain combinations are naturals: refried beans with rice or corn chips, bean burgers on whole-wheat buns, or bean soup with oatmeal bread.

Some skeptics may be quick to point out that another shortcoming of beans is that they give gas. This is, unfortunately, true. Beans contain certain long-chain sugars—oligosaccharides—that our bodies simply cannot digest. These sugars pass, intact, to our large intestines, where bacteria digest them through fermentation, yielding hydrogen gas and carbon dioxide (both of which are odorless, by the way).

Since intestinal microorganisms differ among individuals, reactions to beans differ. Here are a few suggestions, none of them guaranteed:

• Sprout the beans before cooking them. The beans' own enzymes will convert many of the oligosaccharides to digestable simple sugars.

• Soak the dry beans four to five hours and discard the water. Add fresh water, cook for half an hour, and discard the water again. Repeat the latter process until the beans are cooked, using in all about nine cups of water for each cup of beans. This process will leach out many of the oligosaccharides—but it will also leach out about half the water-soluble vitamins and up to 10 percent of the available protein in the beans. The choice is yours.

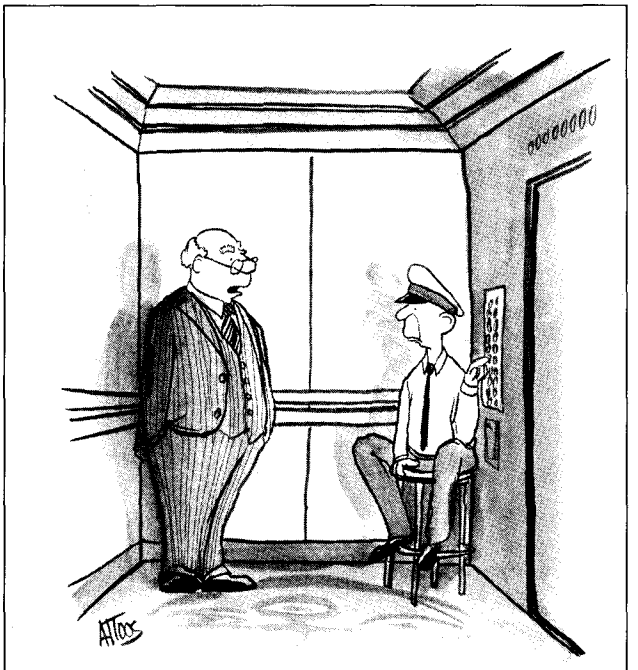
• Cook the beans at a low heat for a long time.

• Limit the size of your bean portions for the first few weeks until your body adjusts.

• Eat beans in private.

Kidney Bean Burgers
(Serves 5)

1 cup dried kidney beans
Cold water for soaking and cooking beans
⅓ cup diced green pepper
2 tablespoons medium to hot salsa
1 tablespoon tomato paste
1 egg, slightly beaten
½ cup bread crumbs
1 cup rolled oats
¼ cup sunflower seeds (optional)



"There's a fiver in it for you if you beat the other elevator."

½ teaspoon salt substitute
Oil for frying

Soak dried beans overnight. Cook beans until soft enough to mash (about 1½ hours). In large bowl, mash drained beans into thick paste. Mix in green pepper, salsa, tomato paste, egg, bread crumbs, oats, sunflower seeds, and salt substitute. With moistened hands or an ice-cream scoop, form patties. Fry in enough oil to thinly coat bottom of pan until patties are firm and crispy and golden brown on each side. Serve as you would any burger.

Black Bean Soup
(Serves 6)

3 tablespoons oil or butter
1 onion, diced
1 rib celery
1½ cups dried black beans
6 cups vegetable broth
1 tablespoon celery seeds
Lemon slices

In a large, heavy pot, sauté onion and celery in oil until soft. Stir in beans, vegetable broth, and celery seeds. Bring to boil, lower heat, cover and simmer until beans are tender, about 3 hours. Purée soup in blender—all of it for an overall smooth soup or only part to retain some whole beans. Place one lemon slice in each soup bowl. Pour hot soup over lemon and serve with whole-grain bread to complement proteins, or try a dollop of yogurt or sour cream on top.

Hot Bean Dip
(Serves 10)

1 cup dried pinto beans
Cold water for soaking and cooking beans
1 tablespoon oil
1 medium onion, diced
3 tablespoons hot salsa
2 teaspoons cumin
¼ teaspoon cinnamon
¼ to ½ teaspoon salt substitute

Soak beans overnight. Cook beans until tender, about 2 to 2½ hours. Drain beans, retaining about ½ cup of cooking liquid. Sauté onion in oil until soft. Quickly stir in beans; mash slightly with back of spoon. Add salsa, cumin, cinnamon, and salt substitute. Gradually add small amounts of cooking liquid until beans are of desired consistency. At this point many of the beans will be mashed, some still fairly whole. Serve immediately with corn chips, pita bread, or raw vegetables.

General Cooking Hints

Acidic foods, such as tomatoes, increase the cooking time of beans. Don't add these ingredients until beans are almost done—or add them to slow things down.

Pressure-cooking beans is for the brave: foam or pieces of skin can clog up the works. For a shortcut to soaking beans overnight, try soaking a large quantity overnight then freezing beans on cookie sheets. Use beans right from the freezer.

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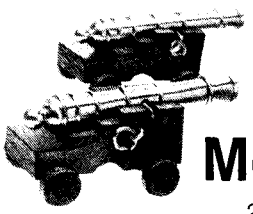

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Along with potassium, calcium, and sodium, magnesium is one of the primary human electrolytes. Its deficiency can result in a variety of health problems, including increased stress levels, muscle cramps, and neuromuscular tingling ("pins and needles").

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Yes, you *can* get magnesium from foods. However, many people avoid such magnesium-rich foods as nuts and chocolate due to their high caloric content. Dark-green, leafy vegetables and red meat are also rich in magnesium, but unfortunately they lose most of it in the process of cooking. Even magnesium-rich foods might not supply enough of this necessary mineral, because of interference by calcium and fat-rich foods, such as dairy products. The calcium and fat act as a "magnesium trap" by locking out the magnesium from the body cells and substituting calcium. Thus, anyone taking supplemental calcium should also take supplemental magnesium. Adequate magnesium is essential in helping calcium build healthy bones.

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The Saturday Evening Post Society

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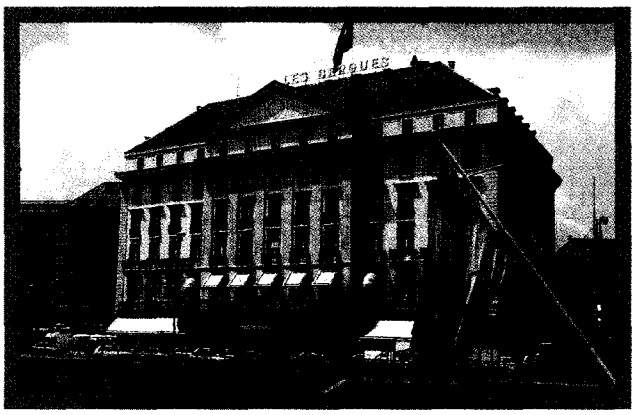
GRAND HOTELS

Love—of luxury—is not a hurtin' thing, these grandes dames *of the hotel business say.*

"Happy is he who can stay long by these shores," Lord Byron wrote of Geneva. Today, happy is he who stays for even a few nights at the most aristocratic of Geneva's luxury hotels, the Hotel des Bergues.

Why here, rather than at one of the 15 other five-star hotels in this most international of cities? Because to sign in at the Hotel des Bergues (now a Swiss historic monument) is to join an impressive clientele that dates back more than 150 years.

The hotel's "Golden Book" reads like a royal register: Emperor Franz Joseph of Austria-Hungary, Empresses Victoria of Germany and Maria of Russia, even Emma, Queen of Hawaii (to name a few), have tucked themselves contentedly between the Bergues' exclusively linen sheets.



Situated by the shores of Lake Geneva, the Hotel des Bergues features rooms with a spectacular view of Geneva's Old Town, the Rhone River, and the distant Savoy Alps.

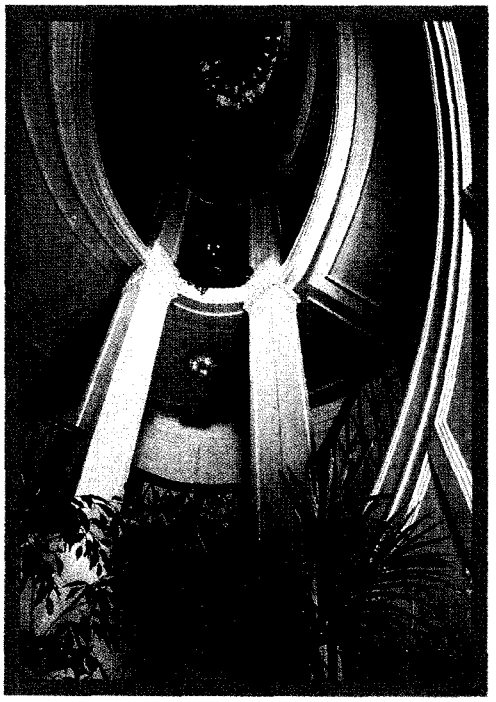
And those fortunate to have front-facing suites at the Bergues are treated to one of Europe's noblest views: on the right, Geneva's Old Town, the *Vieille Ville,* rises from the banks of the Rhone River to the pinnacle of the 12th-century Cathedral of Saint Peter; on the left, the Jet d'Eau, the world's tallest geyser, sends a plume of shimmering water 478 feet above the blue mirror of Lac Léman (Lake Geneva), and in between, on clear days, the highest peak of the Savoy Alps, Mt. Blanc, glistens on the horizon.

Reto Grass (of Trusthouse Forte, the Bergues' management company), only the 12th general manager of the hotel since 1834 (the first had been a captain under Napoleon), strives to retain the Bergues' *Belle Époque* traditions—linen bedding, for example. It's not very serviceable, but it's oh-so-nice, and the Bergues simply won't shortsheet its modern "aristocrats," even at the cost of astronomical laundry bills. And fresh air! Only grudgingly has air conditioning been installed in some rooms that face the busy quay, "mainly to keep out the noise," Grass explains. Other rooms are kept cool by a water-flow system helped out occasionally by good old-fashioned open windows.

Pampering epicurean tastebuds is one Hotel des Bergues tradition that continues unhindered in the hotel's Amphitryon restaurant, where guests may choose from such delicacies as "clear duck soup with beet root juice and sour cream," "terrine of fresh duck liver," or "marinated crab claws with soya beans and pink grapefruit quarters." And that's just for starters.

Those concerned about the price should probably not be staying at the Bergues in the first place. As the owners admit in their sesquicentennial book, "The hotel was never exactly cheap."

But also consider in the price all you could do within walking distance



Some topflight Genevan chefs can be found at the Bergues' *haute cuisine* restaurants, the Pavillion and the Amphitryon.

In summer, Swiss culture is in full flower at the Roseraie, a brisk 15-minute walk from the Quai des Bergues.

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of the Hotel des Bergues that costs next to nothing: strolling and sniffing your way through the Roseraie at the Parc La Grange, one of the world's most exquisite rose gardens. Or lunching alfresco on a rich Swiss fondue in the shadow of Geneva's oldest house, circa 12th century. Or descending to inspect Roman mosaic floors only recently uncovered beneath the old cathedral. Or taking a lake cruise past the homes of Byron and Shelley, the castles of the Duke of Savoy and Baron M. de Rothschild, and the villa of Empress Joséphine, and much more. You'll discover how right the poet was—staying by these shores can indeed be a pleasant experience.

—Ted Kreiter

Grande Bretagne means "Great Britain"—in French. The Athenian hotel of that name was originally the guest house of a German—who ruled Greeks. Eighty years later, more Germans—Nazis—made it their theater headquarters, and a few years after that Communists pelted the place with kumquats to make management take down the hated "British" name. A Dane designed it, a Swiss managed it, and its largest clientele for years has been American.

But for all the international flavor, Athens' Hotel Grande Bretagne is a firmly Greek institution. It looks out over Greece's House of Parliament (the former Royal Palace) and Constitution Square—so named when Otto, the German-turned-Greek-king, was forced, like King John of Magna Charta fame, to guarantee a few liberties in writing.

Greece has suffered through more than one constitution since then. But the Grande Bretagne carries on true to its regal origins—as a 60-room royal guesthouse completed in 1862, just before the hapless Otto had to beat it out of town. Despite the proximity of the royal palace, the Dane who succeeded Otto after the latter's deposition sold the place to an aspiring Greek hotelier who knew a good location when he saw one.

The Grande Bretagne's site is now the very heart of downtown Athens.

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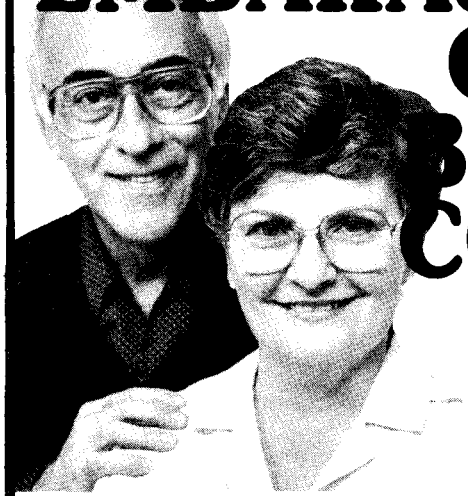

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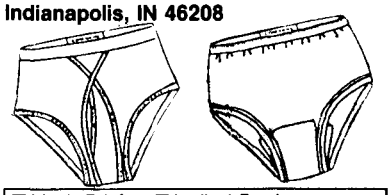

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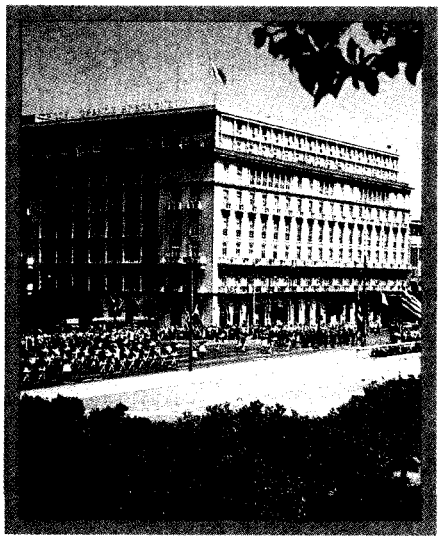

The parade hasn't passed the Hotel Grande Bretagne by, so long as it maintains its prime location in downtown Athens.

Constitution Square itself, across the street, is a pigeon roost with benches and trees. Catty-cornered to the hotel are the Parliament building and the Monument of the Unknown Soldier, guarded round the clock by gaily dressed evzones, much-photographed at each hour's changing of the guard. On a far side of the square is a stretch of kiosks and open-air cafés that don't shut down until the wee hours; a few blocks from them is the Plaka, the oldest district of Athens—not counting the ruins—its winding, hilly alleys crammed with *tavernas* (loosely, night clubs) and boutiques, flea markets, and the like. And looming behind Athens medieval and modern is the touristic loadstone of the city—the rocky Acropolis, crowned by the Parthenon, today covered by a web of scaffolding while titanium support rods are inserted in the columns to replace the present iron rods, which discolor the Attic marble. Numerous balconies on the Constitution Square side of the Grande Bretagne provide the best seats in town for Parthenon gazing.

The Grande Bretagne building itself reflects the Continental influences mentioned previously. This is not a native Greek hostelry like the whitewashed Aegean inns, but an international mainstream effort of the late 19th century. The interior has been subtly updated by mixing modern design with the prevailing chandeliers, crown moldings, and Louis XV furnishings, while the great public rooms retain their imposing marble-and-damask treatment. Less grand but better known is the G.B. Corner, a restaurant renowned less for its trappings than for its status as Athens' best mingling place—and best source of hamburgers.

The American visitor to the Grande Bretagne will feel right at home with the direct-dial phones and the color televisions, and multilingual staffers will smooth over any remaining rough spots—such as this writer's futile attempt to communicate with the locals by hand signals.

Such courtesy's no surprise. Now that the Greeks are kingless, the Grande Bretagne's guests are the only royalty left in town.

—Ed Lynne

Long before the Grande Bretagne's balconies provided this view, the Parthenon was Athens' foremost attraction.

She was named "Grand" for any number of reasons. Majestic, Stately, Imposing, or Elegant would have been equally appropriate. Her 880-foot, colonnaded portico, stretching across the emerald green bluff of pristine Mackinac Island, has commanded the straits separating Michigan's upper and lower peninsulas for exactly 100 years this summer. It is one hotel that defies both camera and postcard to accurately define its size, its charm, and its hospitality.

Mackinac Island is a 30-minute ferryboat ride from the mainland. Whitecaps may prevent serenity from settling in until your boat ties up and you step out into the horse-drawn carriages ready to take you to the amenities

The Jefferson Suite embodies the Grand Hotel's distinguishing qualities—luxury, refinement, and a good night's sleep.

of the Grand Hotel. No taxis, no auto horns still the call of the birds; no gasoline smell befouls the fragrance of the forest. Transportation is by foot, bicycle, or horsepower (in the true sense of the word) only.

If workaday frustrations persist, wait till your carriage horses clip-clop along Main Street, past the famous fudge shops and bicycle-rental stalls, then wind up a bluff, past 19th-century houses, through unspoiled woods and lush gardens, until there she is—the grand old lady of Mackinac Island, the world's largest summer hotel. (And a long summer it is—from mid-May into November.)

First-timers may be distracted from the beauty of the Grand's Greek Revival styling by the white Chinese Chippendale flower boxes—planted with their traditional 2,500 geraniums and an equal number of yellow marigolds—that extend the length of the 880-foot veranda. Distractions come easily at the Grand. You will be lured by quaint gift shops; antique treasures that line the halls, the lounges, and the meeting rooms; 500 acres of gardens and woods; the rebuilt, newly designed golf course; and the unique swimming pool, formed, employees will tell you with straight faces, by Paul Bunyan's footprint. Or perhaps the tennis courts, the shuffleboards, and the immaculate croquet green. Riding stables and bicycle liveries are not far off.

The hotel operates on the Modified

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American Plan (breakfast and dinner as part of the daily room rate). The six-course breakfasts invite you to try more than 30 items. (And you won't want to miss High Tea, served in the parlor at 4 p.m., with imported teas, cakes, and champagne.)

And then there is dinner. The main dining room now becomes the Grand's Salle à Manger. You may never feel more like royalty than when you are ushered—to the music of the Grand Orchestra—between two rows of white pillars to a long, mirrored aisle overlooking the front porch and gardens. Now it's time to choose from among 50 items. For dessert, you'll find it hard to resist the Grand Pecan Ball—nut-crusted ice cream in fudge sauce. For that second cup of coffee, you may elect a demitasse served in the parlor to the accompaniment of the Grand Strings, playing Viennese waltzes and popular show tunes. Then, if the days are long, it's out to the veranda to toast the sunset.

The Grand Hotel has rightly been labeled an island unto itself. Still, you should explore the island upon which it rests. The exercise way to go is to rent a bike and take the scenic nine-mile route around the island along the water's edge. Then you'll want to see both old Fort Mackinac and Fort Holmes, built by the British during the War of 1812. And there may be a

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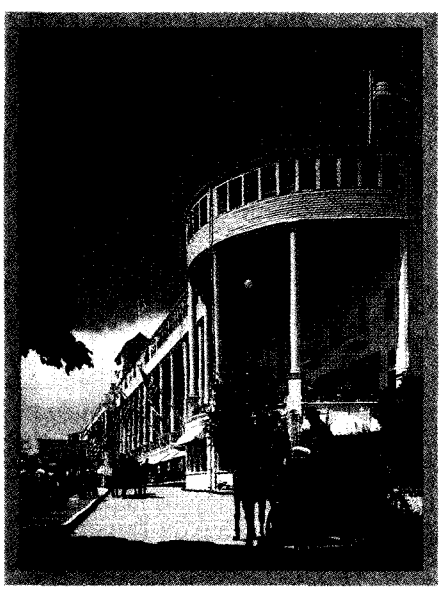

Is the Grand's porch the world's longest or not? Millions go about their workaday lives unaware that the debate drags on.

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dozen or more stops, including Arch Rock, Sugar Loaf Rock, Skull Cave (where one Alexander Henry slept on human bones), Cass Cliff, and Devil's Kitchen, before you come back to town to photograph Marquette Park, the millionaire John Jacob Astor's American Fur Headquarters, and, of course, the Old Mission Church, completed in 1830.

If your legs fail to turn the pedals after all this, you can stop at one of the fudge shops for a mixed box of chocolate, maple, and perhaps strawberry fudge and then call the Grand —they'll come with a horse and surrey to pick you up. Later, relax by watching a movie, perhaps *Somewhere in Time*, featuring the Grand itself.

Should you, somewhere in time, be coming to the Grand, that time could be no more exciting than sometime during its centennial celebration this summer. What could add to its pleasures, the beauty of its setting, or the historic attractions only a bicycle ride away is impossible to imagine. But certainly it will be fun to find out.

—Maynard Good Stoddard

"CROCODILE" DUNDEE COUNTRY

The legions of fans who admire the movie-screen exploits of "Crocodile" Dundee and long to follow in the footsteps of the intrepid Australian hero could find no better gateway to Australian adventure than Cairns, a port city in the northeastern state of Queensland tucked between mountainous rain forests and the deep blue sea. Visitors to this city of 50,000 are just now discovering that "Cans," as the locals pronounce it, is the ideal jumping-off point for exploring the Great Barrier Reef and lush rain forests, taking spectacular train rides, and embarking on black-marlin fishing expeditions.

A train leaves Cairns daily on Australia's narrowest-gauge railroad for the picturesque town of Kuranda, the Village in the Rain Forest, 28 miles west and 1,100 feet up from Cairns. The 1½-hour trip on the hundred-year-old railroad takes you past palm nurseries and sugar-cane fields, over deep gorges and creeks, and past the Great Barron Falls, whose water drops 980 feet.

The train pulls into Kuranda, a town of 2,000 that boasts the prettiest railroad station you'll find anywhere: a riot of plants hang from the rafters, stand potted on the platform, and bloom in the gardens. If you arrive on Sunday—market day—you can browse through 150 stalls.

The main attraction in Kuranda, however, is not man-made, but natural: the extravagant display of flora and fauna surrounding the town in the tropical rain forests. Less than half a percent of the entire Australian continent is rain forest, but these forests house more than 50 percent of the country's plant and animal life. Almost 800 species of trees are found in the dense jungles, along with 130 species of birds, such as the brightly colored, noisy pitta with its characteristic "walk-to-work" whistle, parrots, warblers, robins, cockatoos, and the flightless cassowaries, which sometimes stand more than five feet tall and which can kick a person to death with huge toes tipped with dagger-like nails. Another species, the bowerbird, builds such highly decorated bowers that early explorers were convinced people had made them for children's entertainment.

Mammals abound in the rain forest as well and include the tree kangaroo; the nocturnal and predominantly vegetarian possum; the echidna, or spiny anteater, whose quills make it look like a porcupine; the dingo, an Australian species that resembles the dog but belongs to the wolf family; the platypus, Australia's most unusual animal, which swims like fish, lays eggs like birds, and gives milk like mammals; and the tiny-eyed, insect-eating horseshoe bat.

The little train that could. Australia's narrowest-gauge railroad climbs the formidable 28-mile route from Cairns to Kuranda, 1,100 feet farther up.

Kuranda offers several different ways of exploring its rain forests. The *Kuranda Queen* departs from the jetty beside the train station for a one-hour Barron River cruise. As you drift down the river, surrounded by a forest with 70 varieties of fig trees, watch for estuarine crocodiles. You'll have to look closely, however—they float low with little more than their eyes and nostrils showing. Rodents, turtles, and even game as large as wallabies and pigs are dragged underwater and drowned for the crocodiles' dinner.

Kuranda Horse Drawn Tours, which leave on the hour from the Kuranda Trading Post, give a different view of the forest. Three Percherons pull their four-ton carriage to a part of the jungle where a 36-inch diameter, 1,800 to 2,000-year-old Penda tree grows. Or you can travel like the wildlife—amphibiously—in a World War II army "Duck" through 20 acres of tropical fruit trees and 80 acres of towering rain forest. On this 40-minute tour you can watch water goannas bake in the sun, snakes slither up trees, and cormorants dive for the little fish and turtles that abound in the deep water.

Rain forests can be inviting and pleasant. The most rewarding time to visit one is at dawn, when the first rays of light filter down through the canopy and cast soft, dappled light onto the forest floor. During the heat of the day most animals siesta in the rain forest.

Now "Crocodile" Dundee's secret is out.

—Carolyn Hughes Crowley

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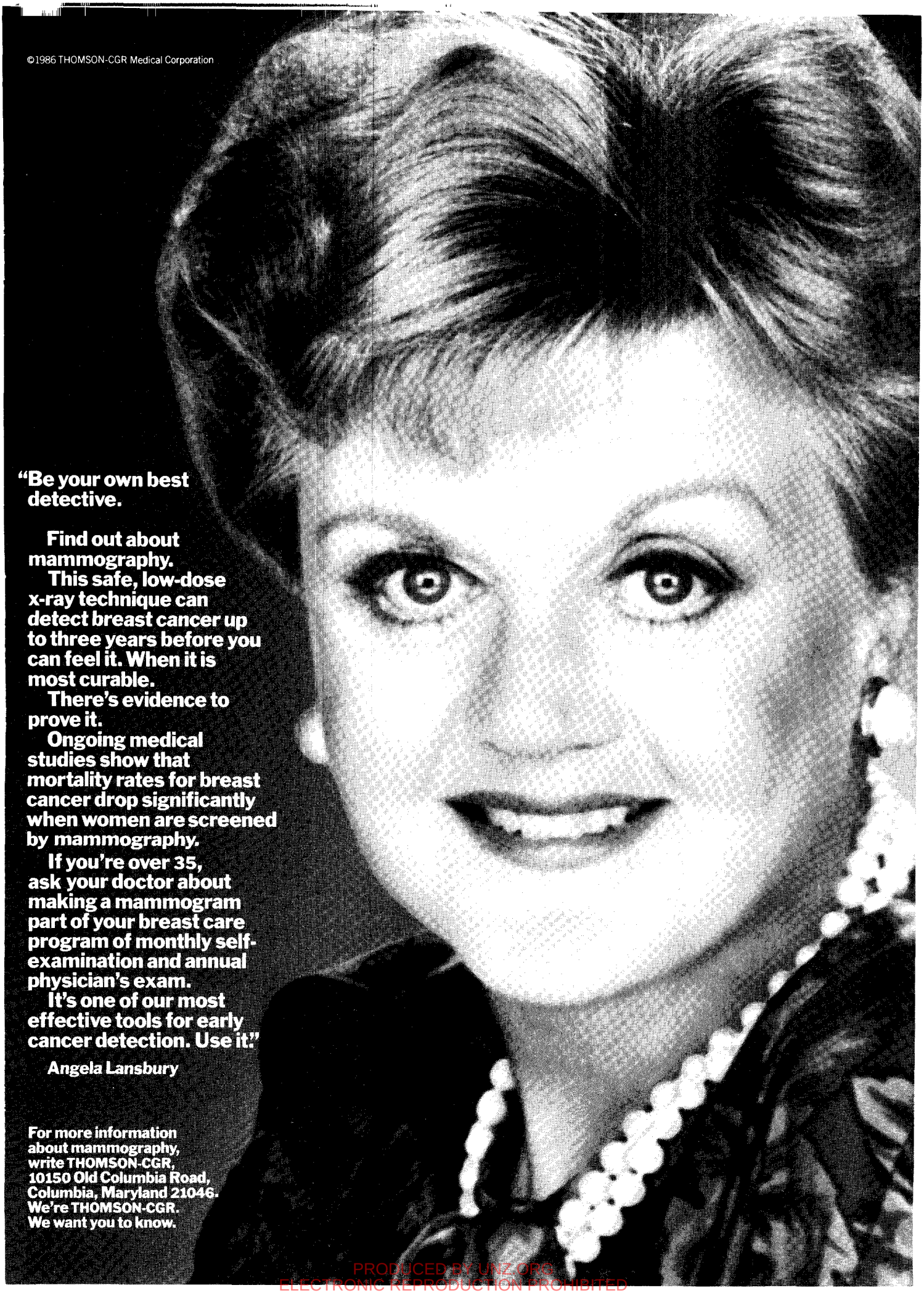

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The Post Reader Service Center

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Free Florida beach-resort guide offered by Abbott Realty Service. Ten percent discount at Sundestin Beach Resort, a condominium hotel for guests over 50 (except high season). Circle 33

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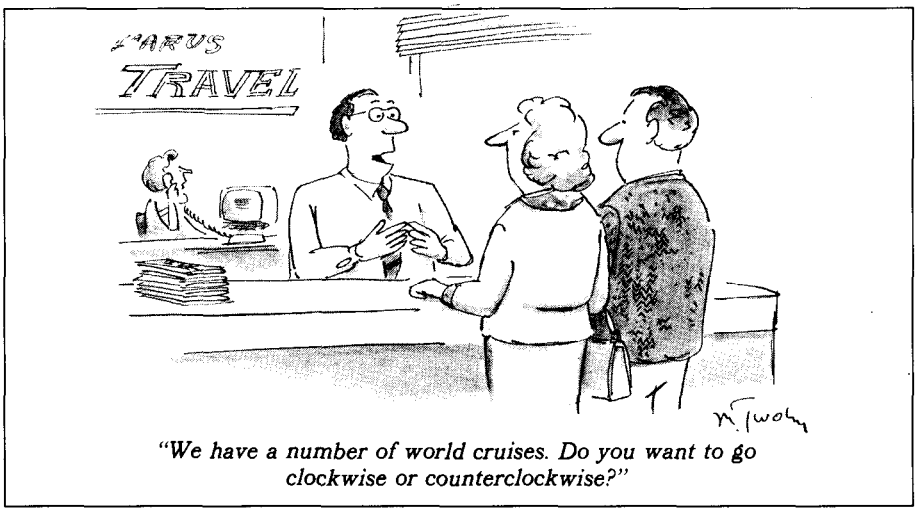
Learn about **Howard Johnson's Road Rally Program.** For a free brochure with detailed information, circle 45



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You'll find lots of information about our tours, attractions, hotels, motels, and restaurants. Write for your free Events Calendar and Visitors Guide for **Evansville, Indiana.** Circle 10

Dr. Gibaud, Europe's most popular brand of **thermal health supports,** is now available in the United States. Discover the relief Europeans have relied on since 1935. Circle 11

If you would like information for any of the offers above and the response card is missing, circle the entry or entries that interest you, tear out this page, and send it with your name and address to: The Saturday Evening Post, *P.O. Box 2810, Clinton, IA 52735-2810. Any checks or money orders should be payable to* The Saturday Evening Post. *Also include 50¢ for postage and handling—U.S. currency only. These offers expire May 13, 1987.*

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"When meditating over a disease, I never think of finding a remedy for it, but, instead, a means of preventing it."—*Louis Pasteur*

Help Needed

Becky Seifert is a registered radiologic technologist (RT) who was trained by Dr. Myron Moskowitz, one of the outstanding authorities on mammography in the United States. She spent time learning at the University of Cincinnati, where Dr. Moskowitz is chairman of the department of radiology. She has become skilled with the Thompson CGR dedicated senograph mammography equipment used in our Mammobile and also in the Mammobile the University of Cincinnati has just acquired for Dr. Moskowitz's department.

Becky Seifert, RT, enjoys spreading the gospel of mammography wherever she goes. She uses new Kodak fast film and finest equipment for good resolution with low-dose radiation.

She learned to operate the word processor at Society headquarters in order to communicate with the women whose breasts she has mammogramed and to make sure the results have been sent to each doctor for possible follow-up examinations or treatment.

Becky has learned to drive our Mammobile so that she can take it into such areas as the mountains of Tennessee and to remote neighborhoods where few women are getting their annual mammograms, or any mammograms at all, for that matter.

"I think my pacemaker needs adjustment—every time I sneeze our garage door opens."

Becky has been trained to meet the press and handle interviews at press conferences in cities where women need to be alerted to the lifesaving prevention now possible with low-dose, state-of-the-art mammography equipment.

Becky has been joined by Karen Roberts, who has been giving mammograms for ten years and now travels with Becky. Women can't get better mammograms than those provided by Becky and Karen.

When Becky and Karen arrive in rural Tennessee or an inner-city church, they are always greeted with open arms and open hearts by the women of the church or by the volunteers from organizations such as the American Cancer Society.

Unfortunately, there is a shortage of mammography-trained RTs in almost every city in the country. Thus the goal of The Saturday Evening Post Society is to recruit many more women like Becky and Karen.

HELP WANTED

We want women who are, or are about to become, registered RTs (radiologic technologists). Women who would enjoy traveling in their own state and out of state to help the less fortunate. Women who can learn to drive a recreational vehicle that houses the mammography equipment. Women who have some typing or word-processing skills. Women who would enjoy meeting celebrities and interesting people. Women with verbal skills who can meet the press and tell the story to help motivate women to have yearly mammography as well as other lifesaving preventive tests. Are you a woman with all these skills rolled into one beautiful person? Please write to us if you are.

If you are already an RT—a nationally certified radiologic technologist—we will send you for in-depth, in-service training with established mammographers. If you fit

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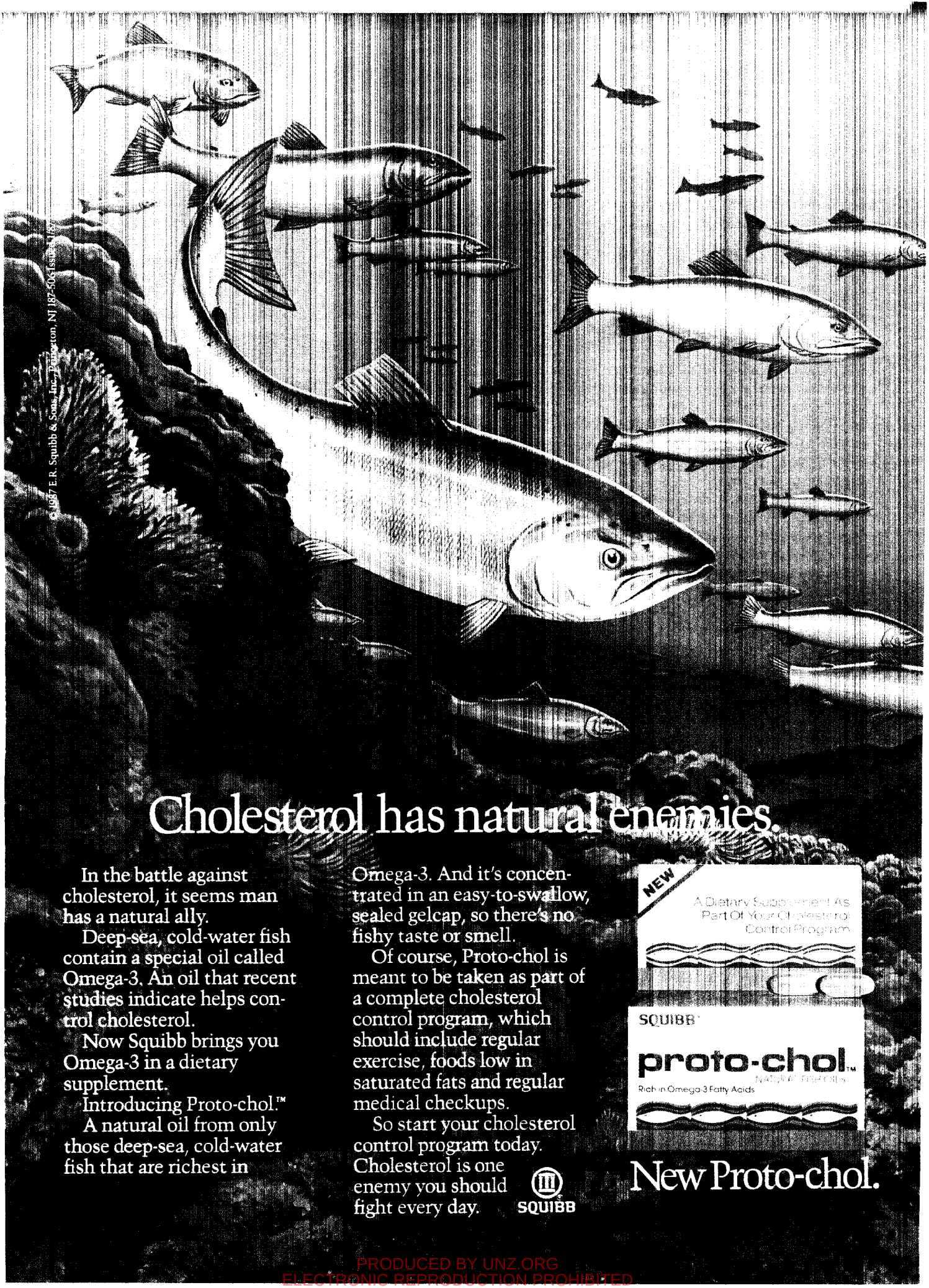
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Cholesterol has natural enemies.
In the battle against cholesterol, it seems man has a natural ally.
Deep-sea, cold-water fish contain a special oil called Omega-3. An oil that recent studies indicate helps control cholesterol.
Now Squibb brings you Omega-3 in a dietary supplement.
Introducing Proto-chol.™
A natural oil from only those deep-sea, cold-water fish that are richest in Omega-3. And it's concentrated in an easy-to-swallow, sealed gelcap, so there's no fishy taste or smell.
Of course, Proto-chol is meant to be taken as part of a complete cholesterol control program, which should include regular exercise, foods low in saturated fats and regular medical checkups.
So start your cholesterol control program today. Cholesterol is one enemy you should fight every day.
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NEW
A Dietary Supplement As Part Of Your Cholesterol Control Program
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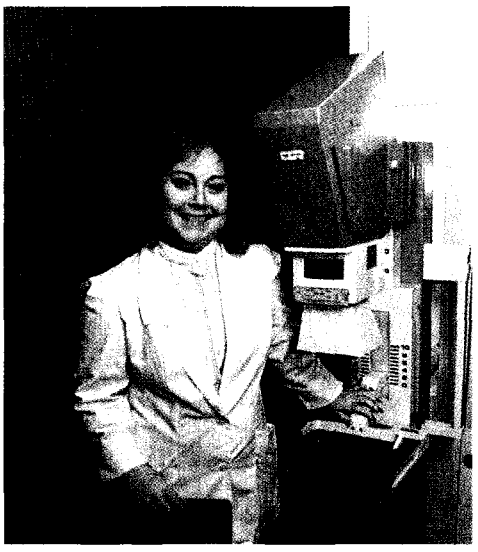
the above descriptions but are not an RT, please write to us for information about RT schools at hospitals or hospital-based programs in your area where you could be trained. Most schools require that you be a high-school graduate with good grades. Write to: Mammography, Box 567, Indpls., IN 46206.

Never Too Old

Dear Dr. SerVaas:

As a mastectomee and a Reach to Recovery volunteer, I must tell you how pleased I am to see the *Post*'s very informative articles about breast cancer and mammography, as well as the innovative campaign you are waging with the Mammobile. You are to be congratulated for the up-to-date information and services you are providing the American public.



Karen Roberts, RT, the *Post*'s most recent recruit, enjoys mammobiling across the country. She teaches wherever she goes.

Before "the big C" came into my life, all I really knew about cancer were the Seven Warning Signals. If I had also known about the importance of having a baseline mammogram at the age of 35, my cancer may have been detected at its earliest stage, rather than later when it was palpable and could have metastasized.

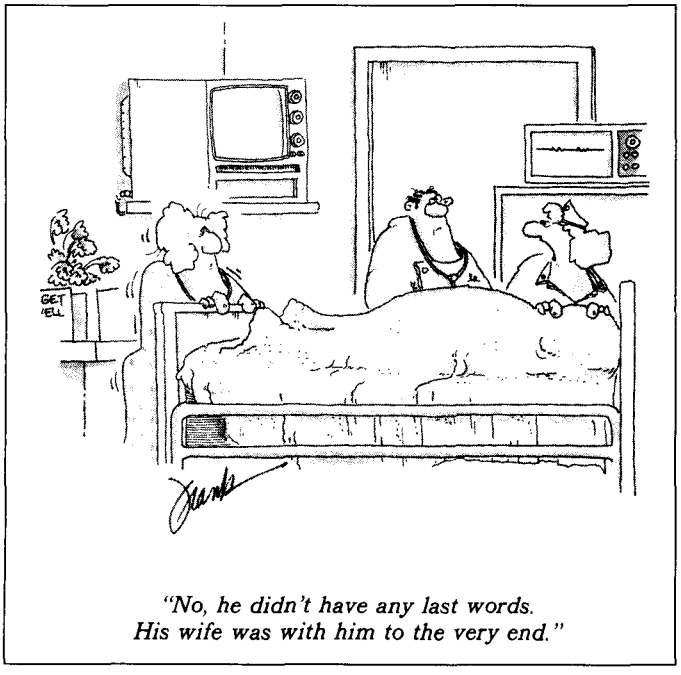
Please continue reminding the American women of the importance of monthly breast self-examinations and mammograms as recommended by the American Cancer Society: a baseline mammogram between 35 and 40 years of age, a mammogram every 1 to 2 years between 40 and 49, and then a mammogram every year following a woman's 50th birthday. It is shocking how many postmenopausal women think they are past the stage of developing breast cancer when just the opposite is true.

I would also be interested in an article concerning caffeine and breast pain. For years I lived with continual breast pain, which finally disappeared this summer when I eliminated caffeine from my diet.

Pat Breidenbach
Mitchell, South Dakota

Dr. Myron Moskowitz of the University of Cincinnati, as well as other leading authorities on breast cancer, now believes that mammography should be done yearly on women over 40 to maximize protection from discovering a fast-growing breast cancer after metastasis has occurred.

A number of women have written that they eliminated their lumpy breast problems when they eliminated caffeine.



"No, he didn't have any last words.
His wife was with him to the very end."

Fourteen-Year-Old on the Bubble

Dear Dr. SerVaas:

I was watching your program on the "700 Club." I was very pleased to hear that the bubble is getting more world-wide advertisement. [See "bubble" weight-loss explanation below.] I am 14 years old and presently have a bubble. I am going to have my second one put in on December 31, 1986.

I have had very good progress with the bubble. I have, so far, lost only 18 pounds in the nearly three months I have had my bubble, but I have lost 33 inches.

I was 100 pounds overweight and had tried just about every diet in the book. My mother had me on a diet ever since I was a baby. I tried clinics, doctors, medication (we have found I am allergic to most of them), and, as I have said before, many diet plans. None of them has helped me as much as the bubble has. I highly recommend it. The insertion was not complicated and had very few side effects. I was not even sick after I woke up.

I attend a support-group meeting every Tuesday night. This group is a follow-up of the bubble. I love all the people, and we are like one big family. I am a shy person when it comes to opening up and showing my feelings, but I am able to speak openly in the meetings. I am only in the ninth grade, and I have a lot of problems with the kids at school. They always have something to say about my weight problem. I try to ignore them, but sometimes it is hard. But with the support of the group and my best friend, Jennifer, I am able to get through it. I am a Christian, and God has been my "soul" supporter.

I hope someday I will be skinny like I have always dreamed of being. But sometimes it's scary for me to imagine what I will look like when I lose my weight. I am afraid of whether the people—my friends—that like me now the way I am are going to like the new me the way I hope. I guess deep down I am afraid to change because fat is all I have known. Ever since I was around two or three I have been overweight.

I hope every clinic has a follow-up group like ours does, but if not, they should have. My bubble doctor is in Anniston, Alabama. The support group meets at Springfellow Hospital, where the bubbles are put in. I am the youngest

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For bladder control problems...

INTRODUCING ATTENDS.® BETTER LEAKAGE PROTECTION THAN ANY OTHER UNDERGARMENT.

"I used to make a lot fewer calls, because I doubted my protection. But now I've found the undergarment that protects best...

...No doubt about it!"

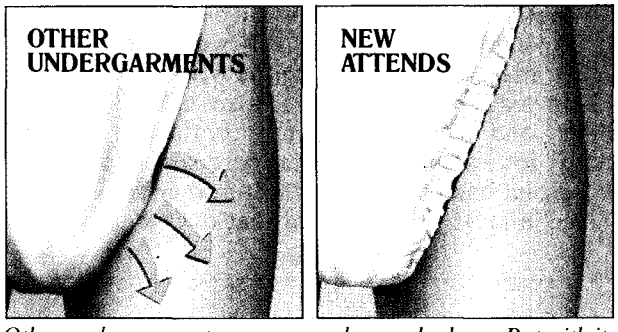
Literally millions of men and women have problems with bladder control. And too often, the fear of having an accident in public keeps them from doing what they'd like. It shouldn't. The protection of new Attends Undergarments is so advanced, it helps do away with your doubts.

What is new Attends? It's absorbent, disposable, uniquely designed to protect men and women with moderate bladder control problems. And in Super and Regular absorbencies, Attends lets you choose the amount of protection you need.

How does Attends protect against leakage so much better than any other undergarment?
In two ways:
1. Only Attends has elastic leg gathers to keep its highly absorbent layers *close* to your body.
2. Attends' absorbent layer retains almost ten times its weight in moisture.

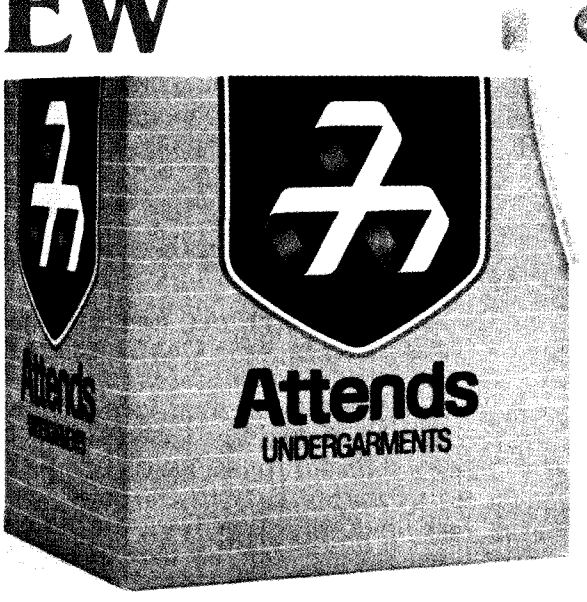
No doubt about it, Attends is designed to give you the best undergarment protection there is.
And to let you get on with your life.

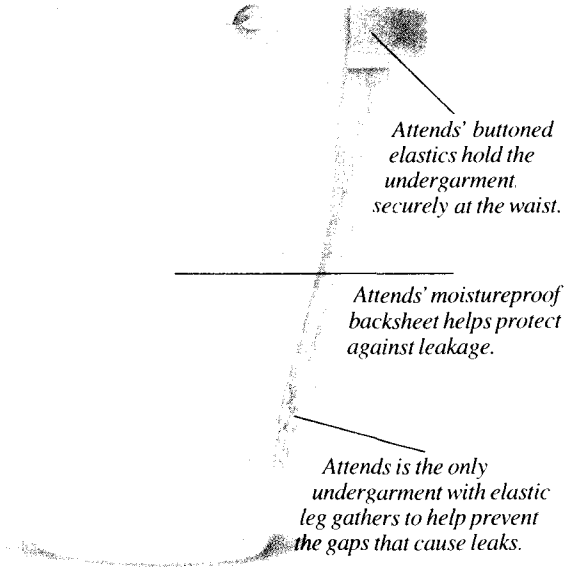
For more severe bladder control problems, try Attends Briefs. If you have any questions about Attends products or bladder control problems, call our registered nurses toll-free at **1-800-4-ATTENDS.**



Other undergarments can gap and cause leakage. But with its elastic leg gathers, Attends protects better against accidents.

NEW




Attends' buttoned elastics hold the undergarment securely at the waist.
Attends' moistureproof backsheet helps protect against leakage.
Attends is the only undergarment with elastic leg gathers to help prevent the gaps that cause leaks.

THE BEST PROTECTING UNDERGARMENT. NO DOUBT ABOUT IT. © P&G 1986

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bubble patient so far, and my case was sort of an emergency, because it is mostly a health problem.

Thanks for listening, and I hope that I can, through this letter, help other people with the same problem as me. And I hope that the bubble can bring joy and happiness to other people's lives like it has to mine.

Carol Divine
Gadsden, Alabama

Born too soon—our 1924 cover model might have preferred the 1987 gastric bubble.

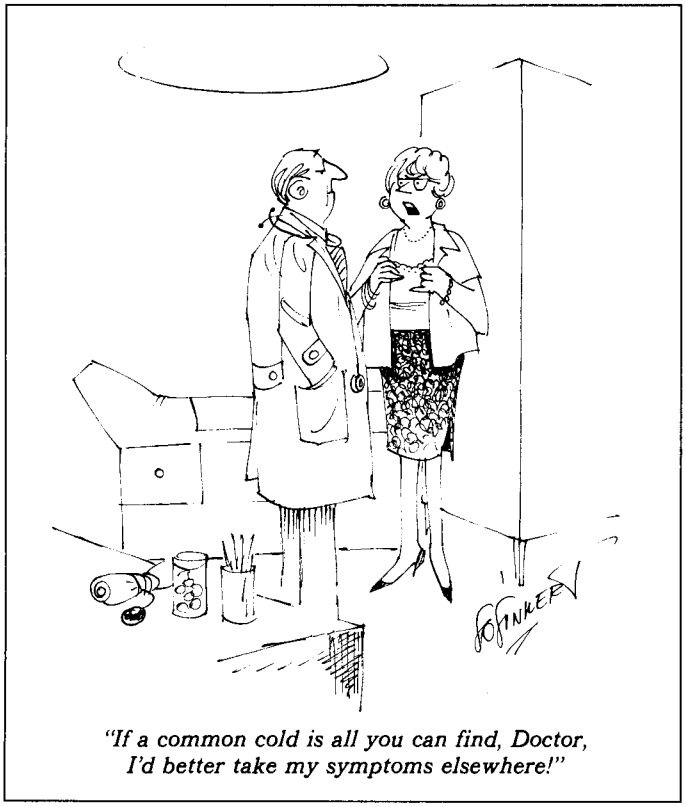
The "bubble" to which Carol refers is a specially made balloon inserted into the stomach. Inflated to about the size of an orange-juice can, it reduces the amount of space in the stomach and gives a feeling of fullness. By floating freely in the upper part of the stomach, it may trigger the nerve receptors that tell the brain the stomach is full before it really is full. A channel through the middle of the balloon acts as a vent for gas and fluids, eliminating the potential for bloating problems.

To be eligible for the procedure, a person must be greater than 20 percent over desirable body weight and have failed in other attempts at controlling the weight problem.

The average weight loss over a six-month period is 40 pounds, and over a ten-month continuous period, 76 pounds. Interviews with several participants showed that 97.5 percent had decreased appetites when the bubble was in place, and 92 percent noted that their weight loss was made easier with the bubble than with previous attempts to reduce. Canadian researchers, using a similar approach, found losses of weight continuing in a number of patients as late as two years after the initial placement of a balloon.

If you are interested, a gastroenterologist can tell you where this procedure is being done in your area.

If you would like to receive information on diets to help you lose weight, along with recipes to help make the diets fun, write to Medical Mailbox, P.O. Box 567, Indianapolis, IN 46206.



"If a common cold is all you can find, Doctor, I'd better take my symptoms elsewhere!"

Relief After 35 Years

Dear Dr. SerVaas:

I couldn't believe how much better I've felt since I started the Colitis Club diets. For years and years (I'm 60 now, started at 25) I have had diarrhea and used over-the-counter medicines to control it. Then five years ago I went on a Weight Watchers diet and started eating more fiber (apples and bran, etc.). For a couple of years everything was O.K., and then I started to get constipated. So I ate more apples and lots of other fruit—but no change. My doctor said after X-rays that I had an extremely irritable bowel and should stop drinking coffee. That helped a little. But when I read your article in *The Saturday Evening Post,* it sounded just like all the things that had been happening to me all these years. I went on the diets, and in a few days I felt so much better it was amazing. It took me 35 years to find this out.

Gladys Foley
Wixom, Michigan

No More Headaches

Dear Dr. SerVaas:

An interesting side effect to the Colitis Club diets was relief from headaches. I shall continue to avoid fructose and sorbitol in food because of this fact alone, if for no other reason.

I don't seem to have the pruritus anymore, either, and have introduced milk back into my diet without any problems.

Norma Rizzie
Plattsburgh, New York

Nailing Down the Problem

Dear Dr. SerVaas:

The Colitis Club diets have been absolutely a godsend. After my operation in 1983 for hiatal hernia, I was plagued with colitis and diarrhea. My doctor told me to watch my diet but didn't say what foods, and he prescribed Metamucil. These diets have nailed down the problem and given me a definite direction in which to go. I am an avid reader of labels. My body lets me have some fruits in limited quantities, so I have learned not to abuse the privilege when summer fruits are hard to resist.

Nettie McCullough
Virginia Beach, Virginia

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Milk Was the Culprit

Dear Dr. SerVaas:

I stopped using milk at the time I requested the Colitis Club diets. By the time I received them (about four weeks), there was a pronounced improvement in my overall feeling of well-being, as well as my colitis and arthritis. I stopped using fruits but noticed no additional changes. In the 40 years I've had ulcerative colitis, I've seen many doctors as well as specialists. None ever told me to eliminate milk—only to eliminate whole milk. Skim milk was supposed to be O.K. since "fats" were removed. Almost all of the doctors I've seen, including my family doctor, attribute stress as the causative agent.

In the past I thought many foods disturbed me. I now realize that was because I used milk and in great quantities—a quart or more a day. (After all, "milk is the perfect food," and milk and cream were used to treat ulcers for years. Why not "ulcerative colitis"?) It was the milk—not other foods.

Grace E. Nesbitt
Phoenixville, Pennsylvania

Because milk is found in many foods, you may find you want to include it in your diet by taking Lactaid™ or Lactrase™, available without a prescription in drugstores.

Oat-Bran Confusion

Dear Dr. SerVaas:

We are members of the "700 Club," and we listen to your segments faithfully. There is confusion in the area of oat bran vs. oatmeal. You have been recommending oat bran (muffins and all) for the lowering of cholesterol. In the attached clipping they favor oatmeal over oat bran because of its better adherence and greater response.

My husband is on a cholesterol-reducing diet. Would you comment on this problem? Also, this is a good subject to be discussed on your weekly segments. A lot of people are totally confused by now.

Mr. and Mrs. P.C. Andras
Huntsville, Alabama

Oat bran contains soluble fiber, which is good for lowering one's risk for a coronary, a stroke, and early senility from clogging cholesterol plaques. Soluble fibers lower the low-density lipoproteins (LDL), the bad cholesterol. Soluble fiber, used in oat muffins, was said to lower the chances of heart attacks by 10 percent in MIT students who ate them, versus students who ate wheat-bran muffins.

Wheat bran, however, contains more *insoluble* fiber, which causes bulk in the stool, prevents constipation, and is believed to prevent cancer of the colon as well.

Oatmeal is fine for soluble fiber, but you would have to eat a lot more of it to get the same amount of fiber that you get in a bowl of oat bran. Quaker Oat Bran is available in the grocery stores. Mother's Oat Bran, made by Quaker, is available in health-food stores. If you can't find it in your local stores, write to the Society, as we package it for people who can't find it. We believe it is important to include in the diet.

Hair Today and Gone Tomorrow?

Dear Dr. SerVaas:

I really enjoy your articles on fitness, health, and other related topics, so I hope you will be able to help me, a 21-year-old with thinning hair.

Recently, I have been made aware that I will go bald because my grandfather on my mother's side is bald. However, I like my hair and wish to keep it. So, I am curious as to whether there is any product or procedure which will halt male pattern baldness. Thank you for any information that might help me and possibly many others who have this unwanted inheritance!

Tim McKelvey
Hartland, Wisconsin

Balancing Act

Dear Dr. SerVaas:

I just finished reading "Medical Mailbox" in the October issue of *The Saturday Evening Post*. A lady from St. Petersburg, Florida, asked about a simple remedy for vaginal yeast infection. Please tell her there is one, or forward this letter to her. It has helped me and every other woman I know who has tried it. The only thing we have found to help control this is at the very first sign of symptoms (thick, mucuslike discharge, itching, burning, malodor)—douche with apple-cider vinegar, one part vinegar to three parts water. Yeast infections seem to thrive in an alkaline environment, which is propagated by a hormone imbalance. The apple-cider vinegar provides the necessary acid to restore balance. If this lady is a typical sufferer, she probably is also experiencing itching and irritation in her ears, under her breasts, and under her arms. If so, a little vinegar applied with a Q-tip in her ears and patted under her breasts and arms will clear it up. I have never seen this fail to work. Some are even curing their athlete's foot with it.

Please get this message to her. I know what misery she is suffering.

Bonnie Burch
Houston, Missouri

"I may be old-fashioned, but I believe the best way to a man's heart is through his stomach!"

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Panic Button

continued from page 14

tobacco farmers, and above all, make it easy to understand, medically effective, and politically expedient."

Solution: If Congress can legislate warnings on all cigarette packages, it can also *force* the tobacco companies to put one piece of Nicorette gum in each pack of cigarettes. Let the seed of salvation be contained in each pack. Let each handful of change brought forth from a smoker's pocket contain a Nicorette. Let all smokers see them lying on their dressers as they start a new day. Let the desk drawers of smokers overflow with unused Nicorettes until they can stand it no more. Above all, let the tobacco companies use their considerable talents to redesign the Nicorette wrapper.

Tobacco companies were America's *most* profitable industry last year. We the people allow this. Let's sick 'em with cig-gum. ✱

WHERE DO YOU THINK YOU ARE?

(Answers from below)

Theme: Civil War battles

1. Alabama
2. South Carolina
3. Georgia
4. Mississippi
5. Virginia
6. Virginia
7. Tennessee
8. Maryland
9. Pennsylvania

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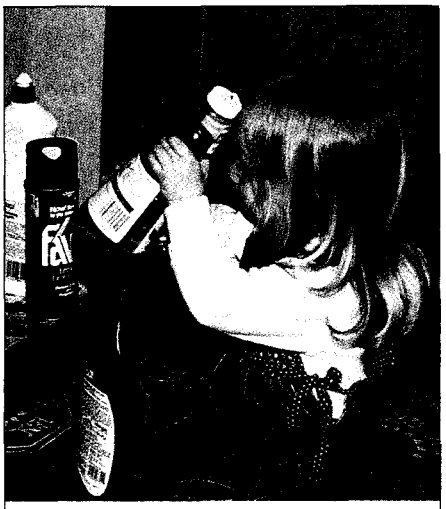


Children Are Fast. So Do Poisons.

Almost 5 million Americans each year are exposed to an accidental poisoning. Over 90% of these incidents occur at home and 64% involve children 5 years of age and younger. Young children are careless, but as a responsible parent, you can't afford to be.

Parents and grandparents with small children around the house need new highly activated **SuperChar™ Liquid.** Taken orally, **SuperChar™** rapidly adsorbs many accidentally ingested poisons naturally, before they become life threatening. Administered at home soon after a poison exposure, it can save valuable time.

SuperChar™ Liquid is documented in the medical literature to have double to triple the adsorptive capacity of other charcoal adsorbents. Hospital emergency rooms have used charcoal adsorbent for years to treat accidental poisoning and drug overdose since it can adsorb many times its weight in contaminants quickly and safely. (Always call your poison control center or healthcare professional for advice upon first suspicion of a poison exposure and before administering any medication.) Order **SuperChar™ Liquid** for your medicine cabinet today. It could save your child's life.

GULF BIO-SYSTEMS, INC.
5310 Harvest Hill Road
Dallas, Texas 75230

_____ VISA _____ MASTERCARD

Yes, I would like _____ bottles of SuperChar Liquid highly activated charcoal. Enclosed is my check or money order for $8.95 for each bottle which I understand covers postage and handling. Or charge to:

CARD NO. _____ EXP. DATE _____

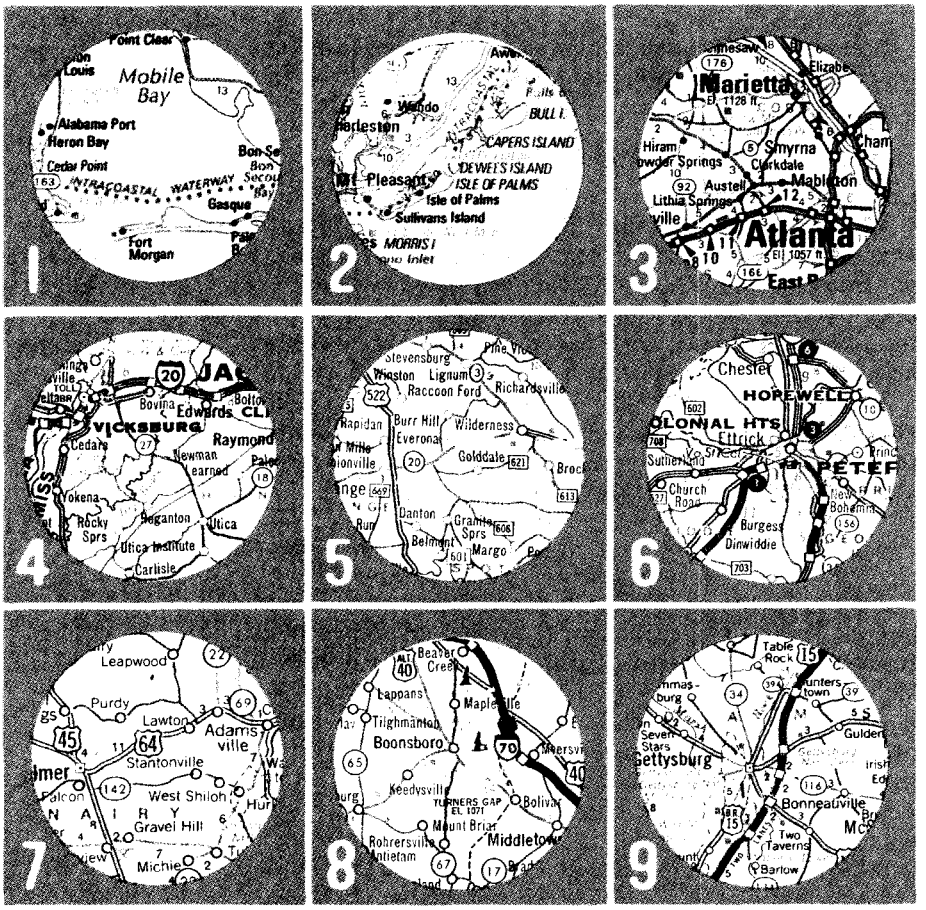
SIGNATURE _____

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

IMMEDIATE DELIVERY



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? (Hint: Your search will involve many a struggle.) If you or a friend finds the game too easy (but you won't), use the hint to discover the theme of this month's map game.

(Answers above)

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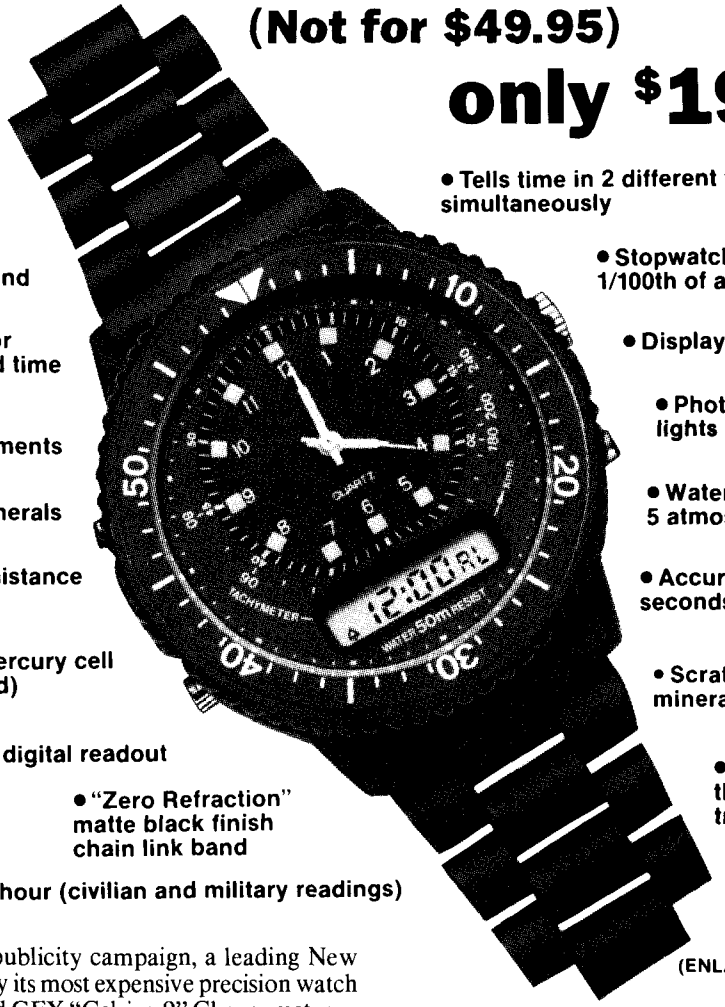
Why Are We Giving Away Nationally Advertised GFX "Celsius-9"™ Chronometers

(Not for $49.95)

only $19.95



- Never needs winding
- Sweep-second hand
- Rotating bezel for measuring elapsed time
- Chime alarm for wake-up and appointments
- Luminous numerals
- Tachymeter for distance and elevation
- Powered by mercury cell (already installed)
- Analog dial plus digital readout
- "Zero Refraction" matte black finish chain link band
- 12 and 24 hour (civilian and military readings) time modes
- Tells time in 2 different time zones simultaneously
- Stopwatch accurate to 1/100th of a second
- Displays month, date, day.
- Photon dispersion beam lights up time in dark
- Water resistant to 5 atmospheres (150 ft.)
- Accurate to within seconds per month
- Scratch-resistant mineral-glass crystal
- Sonic beep on the hour keeps track of time
- Stainless Steel case back

(ENLARGED TO SHOW DETAIL)

As part of a nationwide publicity campaign, a leading New York firm will give away its most expensive precision watch —the Nationally Advertised GFX "Celsius-9" Chronometer— for the astonishing publicity price of only $19.95 to every person who writes to the company address (below) before Midnight, April 25, 1987.

This *original* publicity ad must accompany your request. Copies or photostats are *not* acceptable.

Similar chronometers have been nationally advertised and featured by others in leading media at $49.95 each. In fact, you might think watches with features like these would sell for well over $100.00. But, during this nationwide publicity campaign, you don't pay $100.00—or even $49.95. You pay only $19.95! But your request must be mailed no later than Midnight, April 25, 1987.

Powered by a computer-type chip and precision quartz movement, each GFX "Celsius-9" watch is a time-keeping "control center". Its tri-level, high-tech face includes an analog dial with sweep second hand, a multi-function LCD digital read-out that records time in both 12 and 24 hour (civilian and military) modes and a rotating bezel to measure elapsed time. The ultimate in a man's wristwatch, this GFX "Celsius-9" tells you the time in two time zones (while traveling); chimes the hour to remind you of passing time; keeps track of the day and date; awakens you from sleep; and is even water resistant to *five* atmospheres.

One of the most technologically sophisticated watches ever sold by this multi-million dollar New York firm, the GFX "Celsius-9" features a Stopwatch/Chronograph *(accurate to 1/100 of a second)*; a Tachymeter that measures distance and elevation; and, unseen, an amazing photon dispersion beam—smaller than the "eye" of a hornet—lights up the mineral-crystal in the dark.

This handsome high-tech "zero refraction" matte black timepiece is perfect for the office, sporting events (as player or spectator), that special night-on-the-town or just everyday wear. No wonder this is destined to be the fastest selling and most expensive chronometer of its kind ever sold by this multi-million dollar New York firm.

These GFX "Celsius-9" watches will not be sold at this or any other price by the company in any store. There is a limit of two (2) per address at this price, but if your request is mailed early enough (before April 17) you may order up to 5. Each GFX watch is covered by the company's full one-year money-back guarantee.

TO ORDER: Mail this *original* publicity ad (no copies or photostats) together with your name and address and $19.95 for each watch. Add only $3 shipping no matter how many watches you request. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to RBM Ltd.* Mail to: **RBM, GFX Watch, Dept. 150-125, Box 1085, Hicksville, New York 11802. (R44640)**

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Countess

continued from page 80

dinner," she proclaimed sternly. Mathilde sat up, smoothed her hair, and hastily took her son in her arms.

The earl bent forward. "Good God, but he certainly looks like me! Poor little devil, he'll be 20 years catching up with his nose—I was!"

Mathilde smiled gently. "He's not pretty, but he's very good. And then, these homely babies so often grow up into handsome men!"

And over William's red head she fluttered dark lashes at her lord. ✖

Tom Selleck

continued from page 51

everyone to death."

If that seems overly modest for a man who's been on the cover of every major magazine, a man pined after, ogled, cajoled, and hyped beyond the outer reaches of hyperbole, it's just Selleck's way of remaining true to a modest upbringing and years of career struggle. Raised in the San Fernando Valley outside Los Angeles, Selleck was the second of four kids in a tightly knit, prosperous family. Friends recall that he was overshadowed by his older brother and that he abstained from alcohol until he was 21, thereby earning a gold watch from his father. An excellent athlete but a mediocre student, Selleck won a basketball scholarship to U.S.C., where he was voted the outstanding pledge of the Sigma Chi fraternity chapter in 1965. Giving up a future in business, he dropped out of school his senior year after signing a players' contract with Twentieth Century-Fox for $125 a week.

Selleck wasn't handed stardom on a silver platter, however. Believe it or not, he once appeared on "The Dating Game" and didn't get the girl. And when he was a struggling actor selling suits in a men's clothing store, one of his customers was the present "Today" show co-host Bryant Gumble, then a Los Angeles sportscaster, with whom Selleck would trade show-biz gossip. After numerous bit parts and a stab at modeling, the proverbial big break came for Selleck in a two-part episode of James Garner's "Rockford Files." Soon he was cast in a half-dozen series pilots that all promptly failed, enabling him finally to land the role of Thomas Magnum in 1980. From that day on, Selleck's life made an abrupt about-face.

Selleck was in on the creation of Thomas Magnum from the beginning. He insisted the detective be given a sense of humor and a vulnerability ordinary folks could identify with. But any similarity between Selleck and his TV character ends with the family pictures Magnum keeps at his bedside. (Those really are Selleck's parents.) Unlike Magnum, who drives a flashy red Ferrari, dons loud Hawaiian-print shirts, and surrounds himself with a bevy of beauties, Selleck is purposely staid. His beachside home in Hawaii is his refuge from the long hours of work; he drives a Bronco and dresses in a style best described as Ivy League jock.

As for his love life, Selleck eschews the fast-lane life of a sex symbol. In 1982, he divorced his actress-model wife, Jacquelyn Ray, in an amicable

There are times when you want to share the life and reality you have found in your relationship with Jesus Christ. You have a friend or relative who needs encouragement or perhaps salvation. ■ But, something seems to hinder you. You feel that your words might sound too preachy and a gospel tract too impersonal. Yet, you want the words to be just right. ■ Now with ***"Share His Life"*** ministry cards, you can send in a sensitive way God's gift of salvation, genuine encouragement and the Christian hope.

Introducing Cards That
Love Always Gives the Best
Colorful art and inspirational text share the message of salvation and care in difficult times.

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split after 11 years of marriage. Though gossip tabloids have linked Selleck to several starlets, his steady girlfriend for the past three years has been an English actress and dancer, Jillie Mack, a peppy, dark-haired woman with large, warm eyes and a broad smile. That's as much information as the actor lets out. "I don't talk about my love life, because it involves someone else," Selleck said.

In fact, it's rare when Selleck takes time from his hectic filming schedule to give an interview. "Tom's a very conservative fellow," said his "Magnum" co-star, John Hillerman. True enough. Selleck enjoys William Buckley's *National Review* and favors nuclear power. In past elections he has even gone public to support Ronald Reagan.

The outlet the usually reticent Selleck remains most passionate about is volleyball, an activity in which he can shuck stardom and simply be himself. No. 15 on the Outrigger Canoe Club, a nationally ranked team in senior (over 35) men's volleyball, Selleck is enough of an athlete to have earned honorable mention on an all-American team several years ago.

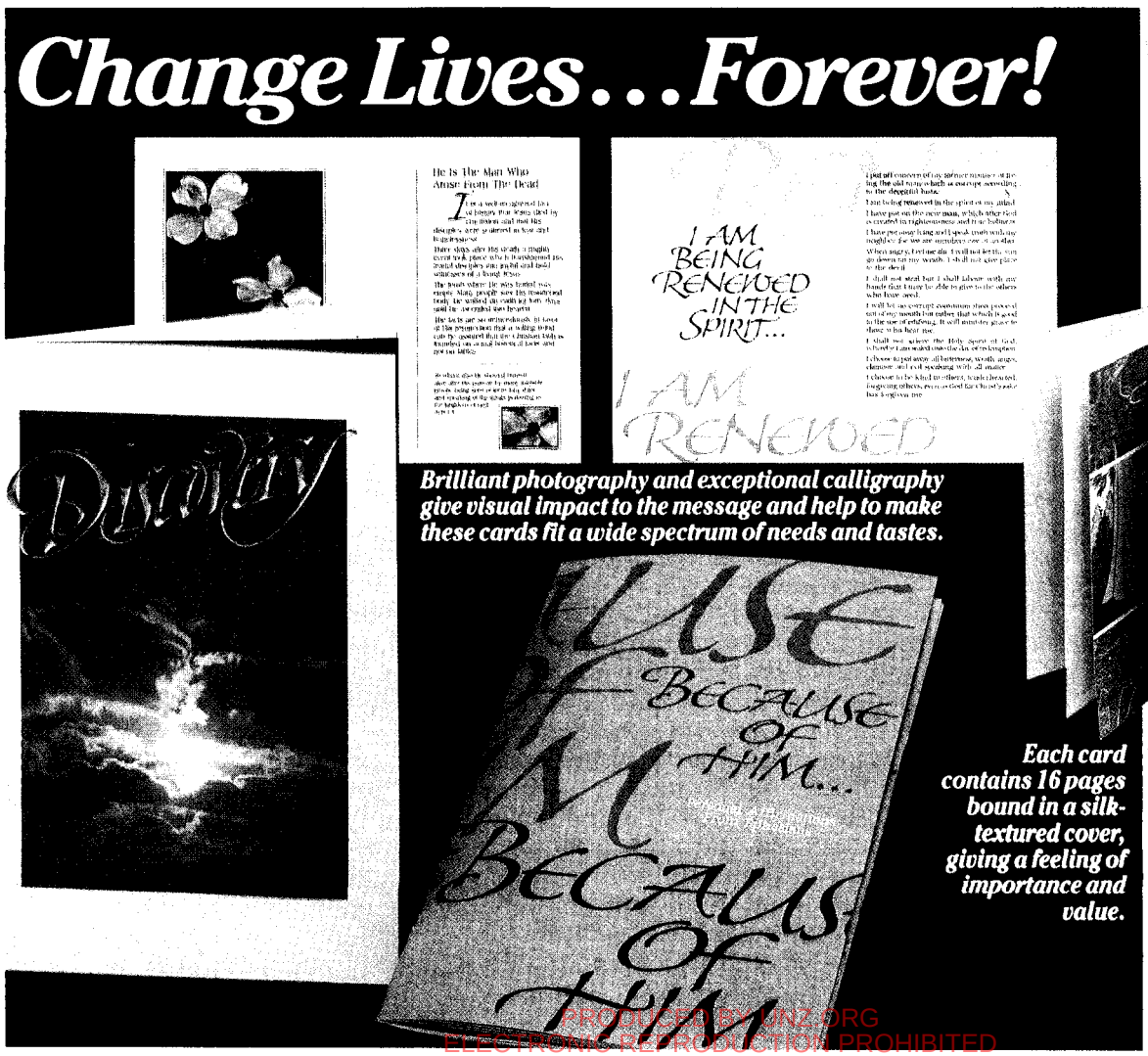
Another Selleck goal is to follow such former television stars as Clint Eastwood and Burt Reynolds into the movies. He fits the bill of a movie star. Quipped the *Washington Post*'s TV critic, Tom Shales, "Given a pencil and paper and told to draw a handsome guy with a mustache, most people would draw Tom Selleck." Commitments to "Magnum" forced Selleck to pass up leads in such films as *Raiders of the Lost Ark, Victor/Victoria,* and *Against All Odds*, roles that could have propelled him into the same box-office league as Harrison Ford and Richard Gere.

Instead, Selleck, forced to sandwich moviemaking into the brief summer hiatus of "Magnum," has appeared in *High Road to China, Lassiter,* and most recently *Runaway*, pictures whose lackluster profits have made him a critics' target. "A lot of critics are lying in wait for me to fail in features just because I came out of TV," he said. Shales commented, "Maybe Tom is just too big for the little screen and too small for the big screen." Other critics, such as Rex Reed and Gene Siskel, expect Selleck to rebound quickly but advise him to lay back from leading-man parts and take second billing in a quality film, a tactic that could allow him to simply practice the craft of acting.

Selleck is in the last year of his "Magnum" contract. Given the ebb in his show's ratings, he admits an ambivalence about the grind of a weekly series; he's looking ahead to a time when his personal life doesn't have to take a back seat to his work. Having signed to make a movie in Australia (the details of which are still under wraps), he's already making his career priority clear. "I want to do movies," Selleck has explained. "And if I had to choose, I'd probably choose movies over TV. I want to act, and I want people to want me to act."

Television's most popular leading man won't have to worry about the lack of an audience. For now, he's philosophic about the future of "Magnum." "People get hot, they cool down," he said. "Sometimes

Change Lives...Forever!



■ DaySpring's new 16-page ***"Share His Life"*** ministry cards present the eternal, life-changing message of hope, comfort and salvation.

Brilliant photography and exceptional calligraphy give visual impact to the message and help to make these cards fit a wide spectrum of needs and tastes.

Each card contains 16 pages bound in a silk-textured cover, giving a feeling of importance and value.

DaySpring
GREETING CARD
Ask for these at your favorite Christian bookstor

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your talent sustains you, sometimes you run out of tricks." If he does choose to leave television, rest assured that Tom Selleck won't be out of the picture for long. This is one actor who puts the glitter of show business in perspective. He quoted Spencer Tracy on acting and fame: "You know, in the big scheme of things, I'm not really that important. You know what's important? Plumbing is important." Obviously, Tom Selleck is one big man who's able to appreciate the little things in life.

The Mission

continued from page 45

she went.

The woman and Emile Hector watched her go and then looked at each other. The woman found her voice first. She said, "Do you know where that child is going, M'sieu Hector? To Port-au-Prince, on those two small feet of hers. She has come all the way from Aquin, where her mother died, and is walking to Port-au-Prince to find her father. And she has nothing to eat and no money."

The shopkeeper looked down at the bread and bananas on the counter.

"Give me my ten cents!" the woman said.

He took the coin from his cigar box and handed it over.

"I hope the *ti-fi* thinks of you when she gets hungry!" the woman snapped. "I hope you are proud of yourself!" Angrily she marched out.

Emile Hector sat on the chair behind his counter and stared at the door. He was still sitting there 20 minutes later when his wife came into the shop from the house next door. She brought a tray with coffee and brown-sugar candy on it. Emile was very fond of brown-sugar candy.

When he only looked at the tray, making no move to touch it, his wife said with a frown, "What's the matter? Don't you feel well?"

"No," he said. "As a matter of fact, I don't."

"Are you sick?"

He stood up. "Watch the shop for a while. I'm going out," he said, and then he quickly wrapped a dozen good bananas and a slab of bread rolls in paper and hurried out the door.

(continued next issue)

Hoosiermania

continued from page 53

dummies out there that didn't have any thoughts." Later, he theorizes that the Milan players were too busy concentrating on their jobs to worry.

Roger Schroder, a Milan player who spent much of the afternoon on the bench, had a good view of the four Indian players flooding one side of the court to give Plump a chance to go one-on-one against Barnes of Muncie. "What I saw happen was just what was planned during the time-out," Schroder says. "I looked at the clock, and it went from three down to two [and one]. It was all over and the impossible had occurred." Milan had won.

As a result of that win, nine of ten poor boys from Milan received college scholarships. Plump admits he never could have dreamed of attending Butler University, an expensive private school, had he starred on a lesser team.

The Milan players insist the movie hasn't changed their lives, but they also say they can't wait for the team's annual reunion in late spring to tease Ray Craft, the only Milan player to have a bit part in *Hoosiers*. (He welcomes the Hickory team to the site of the final game.) "We will talk about Craft's delivery of lines," Gene White says. "We'll help him improve his acting for his next movie."

"I think your computer date is here."

Helping Dollars

continued from page 47

"MoneyMakers," beginning in January, and ownership of the Diamond V Ranch, a cattle and quarter-horse operation. Even her personal-fitness regimen smacks of her high-energy lifestyle. "My favorite exercise is using an electric treadmill," she explains. "I can set up a cassette player with a long cord on it and listen to tapes while I work out."

Her choice of tapes? "Motivational messages. That way I get physically fit and motivated all in about half an hour."

Flavors of China

continued from page 16

and 1 tablespoon soy sauce until well-mixed. Fill each won ton by placing scant teaspoon of filling on each wrapper; moisten edges with water and fold into triangles. Fold in half and moisten edges to seal.

Combine chicken broth and 1 tablespoon soy sauce in 2-quart casserole. Microwave at High (100%) until boiling (8-9 minutes). Add filled won tons, scallion, and sliced mushrooms; cover. Microwave at High until won tons are tender (4-5 minutes). Serve hot.

Oriental Shrimp-Rice
(Makes 6 servings)

2 eggs
2 cups cooked brown rice
2 tablespoons soy sauce
¼ cup sliced scallions
¼ teaspoon ground coriander
1 cup green peas
1 can (6 oz.) shrimp, rinsed and drained

Beat eggs lightly. Microwave at High (100%) until almost set (1½-2 minutes); stir twice and set aside. Combine remaining ingredients in 1½-quart casserole. Microwave at High until heated through (5-6 minutes).

continued on following page

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Why Are We Giving Away Famous Nationally Advertised™ SWIFT™ 1,000-Piece Tackle Sets for only $5?

As part of a nationwide publicity campaign, a leading New York firm will give away one million (1,000,000) sets of its most expensive fishing tackle—the Famous Nationally Advertised™ SWIFT™ *1,000-Piece Tackle Set*—for only $5 to the first one million persons who return this announcement to the company address (below) before Midnight, April 25, 1987.

This *original* announcement must accompany your request. No copies or photostats.

Box not included. See Extra Bonus Offer Below. (R40070)

These are the same SWIFT 1,000-Piece Fishing Tackle Sets nationally advertised in leading media throughout America. Over 1,000 pieces in all, it includes hundreds of hooks in every shape and size you'll ever need—including "top of the line" beauties like Aberdeens, American Kirbys, Limericks, Sproats and Carlisles. Plus dozens of floats, sinkers, brass barrel swivels, fly hooks, a hook disgorger, heavy-duty fish scaler and much more.

Whether you drop your line in fresh-water or salt, prefer lake or surf, stream or pond—you always know you'll have the right rig...for the right fish...right at your fingertips. Little wonder that this is the fastest-selling (and most expensive) set of fishing tackle ever offered by this multi-million dollar New York firm.

These nationally advertised 1,000-piece tackle sets will *not* be sold at this price by the company in any store. There is a limit of two (2) sets per address at this price, but if your request is mailed early enough (before April 17) you may order up to five. Every set is covered by the company's full one-year money-back guarantee.

To order, mail this *original* publicity ad (no copies or photostats) together with your name and address and $5 for each set. Add only $3 shipping per set. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to RBM Ltd.* Mail to: **RBM, Fishing Tackle Offer, Dept. 150-124, Box 1709, Hicksville, N.Y. 11802.**

EXTRA BONUS OFFER

Tackle Box (as shown) only $5 if your 1,000-piece Tackle Set order is mailed before March 25, 1987

Best-selling SWIFT "Double-Decker" with cantilevered shelves and 15 quick access compartments. Huge 162 cubic inch main storage section. Lifetime construction; will never rust or corrode. Yours for only $5 with your 1,000-piece tackle set if you mail your order before Midnight, April 17. (R41620)

(R42220)

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Stir in eggs and serve warm.

Pungent Chinese Vegetables
(Makes 6 servings)

2 tablespoons rice vinegar
1 tablespoon honey
1 teaspoon soy sauce
1 tablespoon ketchup
1 clove garlic, minced
¼ cup chicken stock
½ tablespoon cornstarch
2 cups chopped Chinese cabbage
1 cup sliced mushrooms
1 cup shredded carrot

Combine first seven ingredients. Microwave at High (100%) until slightly thickened (2-3 minutes); stir twice. Place vegetables in 1½-quart casserole. Pour sauce over vegetables and toss lightly to coat; cover. Microwave at High until vegetables are tender-crisp (3-4 minutes).

Scallops and Pea Pods
(Makes 6 servings)

2 cups sliced fresh mushrooms
¼ cup sliced green onions
1 clove garlic, minced
2 tablespoons margarine
1 tablespoon cornstarch
¼ teaspoon five-spice powder
2 tablespoons soy sauce
12 ozs. frozen uncooked scallops
1 package (6 oz.) frozen pea pods
1 cup fresh bean sprouts

Microwave first four ingredients at High (100%) in 1½-quart casserole until almost tender (2-3 minutes). Stir in cornstarch, five-spice powder, soy sauce, and scallops. Microwave at High until scallops are thawed (5-6 minutes); stir once. Add pea pods and bean sprouts. Microwave at High until scallops are opaque and vegetables are tender (4-5 minutes); stir once.

Mangoes with Ginger Sauce
(Makes 6 servings)

2 medium mangoes, peeled and sliced
½ cup plain low-fat yogurt
1 tablespoon brown sugar
½ teaspoon ginger

Arrange mango slices on serving platter. Stir together yogurt, sugar, and ginger until well-mixed. Spoon over mango slices to serve.

Vets on Pets

continued from page 32

hounds, boxers, bull-mastiffs, Scottish terriers, and Weimaraners. The susceptibility of the various cat breeds to cancer is unknown.

Animals with cancer are given the same treatments as human patients: surgery, chemotherapy, and radiation. A pet may have to be hospitalized, but if not, the pet owner needs to make the animal as comfortable as possible. Although the pet's nutritional needs should be discussed with the veterinarian before making changes in the animal's regular diet, a few guidelines can be set out here.

"Not a classic vintage—it says 'Best before November 27'."

- Make clean water available at all times unless the animal is vomiting profusely.
- Feed the pet small, frequent meals warmed to room temperature.
- Tempt animals reluctant to eat with such high-calorie supplements as peanut butter or such commercial pastes as NutriCal and Pet Kalorie.
- Supplement the diet with vitamins A, B, and C (not megadoses, however) and such protein supplements as soft-boiled eggs, cottage cheese, liver, and finely ground beef, especially if the animal is showing signs of anemia. The animal won't be able to digest fat properly if the cancer is affecting the pancreas, so feed him a low-fat diet.
- Sometimes the pet's cancer treatments will make eating difficult, but dogs and cats don't seem to suffer from the same side effects associated with chemotherapy for humans. If a pet does have diarrhea and vomiting, give it a low-fiber, bland diet. Live yogurt may be beneficial. An animal with "dry mouth" from radiation therapy should be given extra liquids.

When cancer strikes a pet, we are reminded that we share the same world with animals and suffer many of the same ills. Ideally, medical breakthroughs for one species will lead to more healthful lives for all species.

Questions for the Vet

Dear Dr. Whiteley,

My seven-year-old mixed golden retriever was operated on twice for the same torn ligament problem within ten weeks. The veterinarian said the clip had broken off. She still is limping and is in constant pain. Another vet said there was nothing he could do. What do you suggest? I am heartbroken.

Mildred Foran
Lindenhurst, New York

Dear Mildred,

My sympathy goes out to you. Do not give up without seeking a third opinion. I recommend the specialists in orthopedic medicine at the Cornell University School of Veterinary Medicine in Ithaca, New York. Call the Small Animal Hospital. If you live closer to New York City, try the Animal Medical Center.

H.E.W.

Editor's Note: In an answer to a reader's question in the Jan./Feb. *Post*, Potomac horse fever was stated to be the same disease as equine infectious anemia. Potomac horse fever is a new disease and is *not* related to equine infectious anemia (commonly called swamp fever). The clinical signs given were correct for Potomac horse fever.

Send your questions for the vet to: Vets on Pets, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors regret we cannot reply personally to all letters.

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MARCH ON THE 700 CLUB'S LIFECARE DIGEST

Doctors Needle Chicken Pox And Flu

Thanks to efficient vaccines few children in the United States contract measles. And now doctors at the Centers for Disease Control are out to make the incidence of chicken pox and influenza B equally rare.

Can Your Career Cause Infertility?

Endometriosis is a disease that affects the mucous membrane lining the uterus. It is a common cause of infertility in working women who postpone pregnancy for their careers. Find out why this scourge of working women is rendering many infertile.

A Pregnant Pause

Women who take time to eat right have healthier babies, because proper prenatal nutrition can prevent serious birth defects. In fact, women who took folic acid (a B complex) during pregnancy had a greatly reduced incidence of spina bifida in their babies.

Stones Crushed By German Treatment

The lithotripter, which replaced the scalpel as the preferred method of ridding the body of kidney stones, is now being used by German doctors to pulverize gallstones as well.

Born With The Blues

Studies done with identical twins reveal that manic depression can be inherited. Join us as a National Institutes of Health authority warns high risk families to seek early detection and treatment.

The 700 Club

TV JOURNALISM WITH A DIFFERENT SPIRIT

Check your local listings for time and station

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MONEY TALK

ABOUT INVESTING

by Venita VanCaspel

Editor's note: In this month's "Money Talk," financial expert Venita VanCaspel (see "Helping Dollars Make Sense," page 46) answers some of the most frequently asked questions about investing. If you have questions for our "Money Talk" column, please address them to "Money Talk," Box 567, Indianapolis, IN 46206.

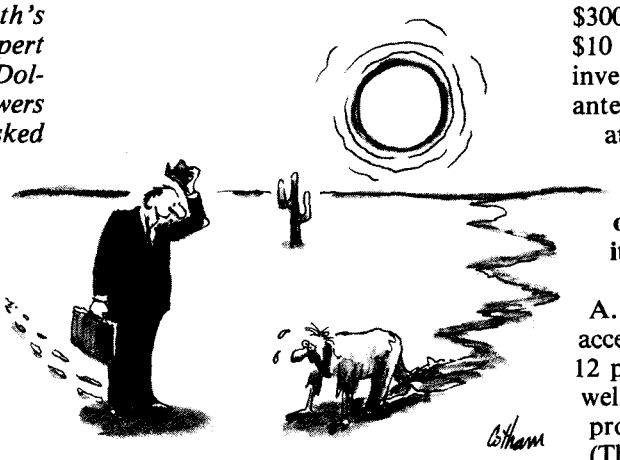
Q. How much cash reserve should I build up before starting an investment program?

A. Your investment program should be based on your temperament. First, how much "guaranteed" money do you need to give you peace of mind? Peace of mind is a good investment, though it may take a lot of what I call "patting money."

Second, how many people are dependent upon you? The larger their number and the greater their dependence, the greater are your needs for cash and cash equivalents.

Third, does your life insurance protect your dependents if you die before you accumulate an estate that will provide for them? If it doesn't, you should not invest until you've taken care of this necessity.

Fourth, how soon will you need these funds? If you'll need some funds soon, keep that amount in a money-market mutual fund; however, if you have time, you should consider investing in a well-managed stock mutual fund that belongs to a family of mutual funds. Invest a lump sum and add to it whenever you desire, or begin with a small sum and add to it monthly, quarterly, or whenever you have the funds to do so. Mutual funds, which can be redeemed at any time at their net asset value, can also serve as collateral to borrow against; banks usually lend around 70 percent of their market value. You then have liquidity whenever you need it, so your need for cash reserves is not as great.



"Things don't look very good now, I must admit, but have you ever considered how you're going to invest for your retirement?"

Q. Is there a sure system for investing in the stock market?

A. The most nearly infallible approach I've ever found for investing in the stock market is to invest monthly in a well-managed growth mutual fund. Determine the amount you can comfortably save each month (not too comfortably or you might not save enough), then set up a bank draft so that the fund's custodian drafts your account each month and invests this sum in the fund you have selected. This procedure gives you a mathematical advantage called dollar cost averaging: You invest the same amount of money in the same security at the same interval. You're guaranteed to buy more shares at a low cost than at a high cost.

For example, let's say you invest $100 a month or a quarter in a stock or a mutual fund selling at $10 a share; you buy 10 shares. If the shares sell at $5 a share on your next investment date, your $100 buys 20 shares. If the share value at the next investment date returns to $10, your $100 again buys 10 shares. You have now invested $300, and you own 40 shares worth $10 a share, or $400. All you did was invest systematically, which guaranteed you'd always buy more shares at a low cost than at a high cost.

Q. What is a reasonable return on your money without subjecting it to a lot of risk?

A. The minimum return you should accept, averaged over several years, is 12 percent compounded annually. A well-managed mutual fund should produce this total return or better. (The "rule of 72" reveals how long it takes to double your money at various rates of return. At 6 percent it takes 12 years; at 12 percent, 6 years; at 18 percent, 4 years; and at 24 percent, 3 years.)

Q. I have funds I want to invest for about five years and am trying to decide whether stocks or bonds would be best. Which would you choose?

A. If you choose your portfolio wisely, you should do well in either stocks or bonds. Money can be made in either; however, I think you need to be more skilled to succeed in the bond market.

My preference is stocks, although for the past few years bonds have provided a "true yield"—meaning a rate of return greater than the rate of inflation.

Q. What is the most common mistake people make investing their funds?

A. To confuse two very similar words: "stability" and "safety." Stability is the return of the same number of dollars, plus interest, at a specific point in the future. Safety is the return of the same amount of food, clothing, and shelter.

You can be stable and not be safe. For example, a certificate of deposit or a government bond may be stable, but if inflation reduces the purchasing power you gave up when you put your money there, it was not safe.

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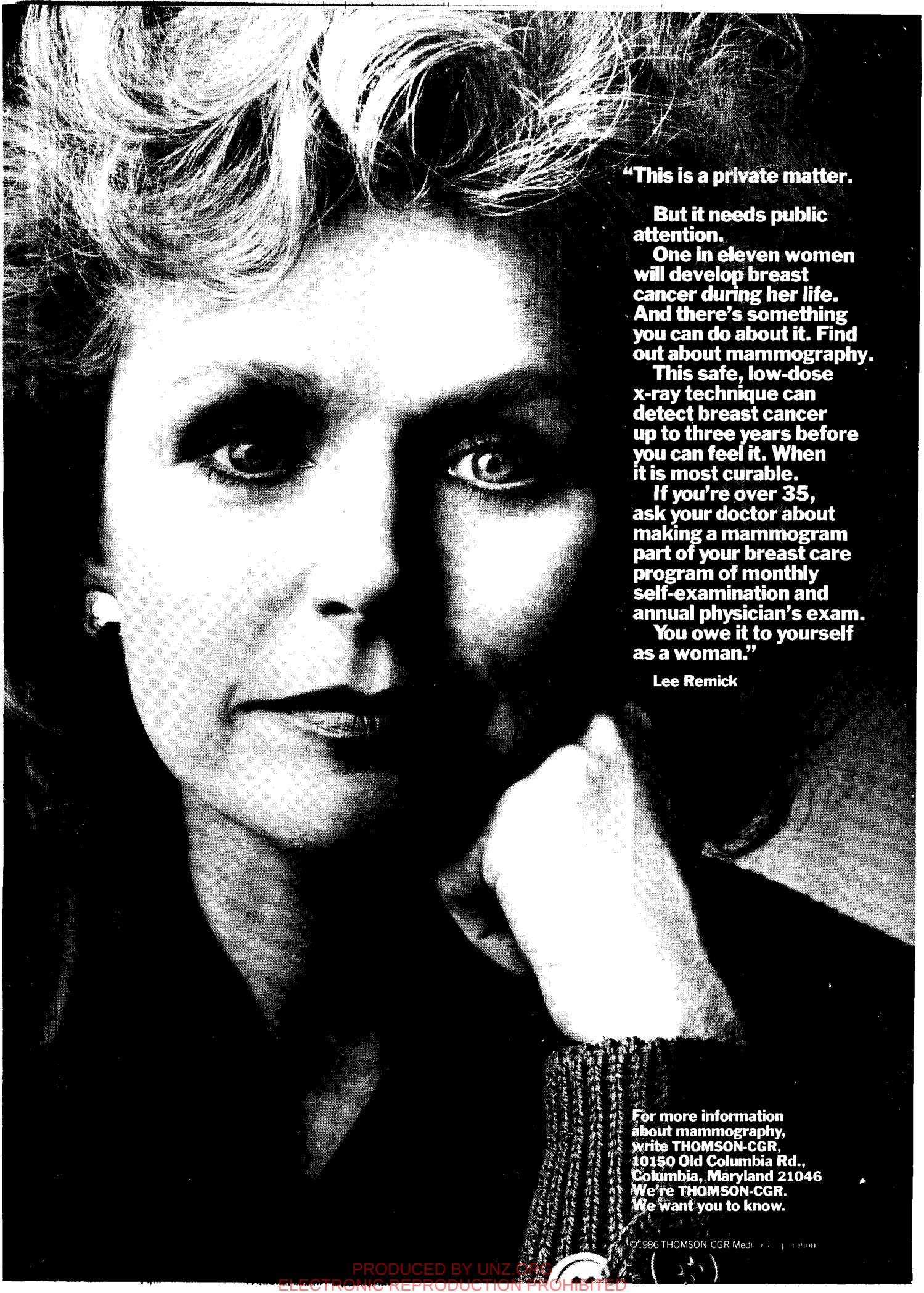
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